



Mini Med School Series IX
The Mysteries of Sleep
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The 'Sleepy' Quiz

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Your best friend's grandma is 77 years old and complains about sleeping less and having poor sleep quality. As a teenager she slept 8 hours or more a night but now sleeps 4-5 hours a night.

1. Are individual sleep needs, such as timing of sleep and sleep duration, influenced by our socio-cultural background?

Yes = 2 points

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Your best friend's grandma is 77 years old and complains about sleeping less and having poor sleep quality. As a teenager she slept 8 hours or more a night but now sleeps 4-5 hours a night.

2. Do we expect older people to sleep less?

Yes = 1 point No = 1 point

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Your best friend's grandma is 77 years old and complains about sleeping less and having poor sleep quality. As a teenager she slept 8 hours or more a night but now sleeps 4-5 hours a night.

3. Do people in industrialized countries go to bed 1-2 hours later than 25 years ago?

Yes = 2 points

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There are other reasons why seniors may experience non-restorative sleep.

4. Do women need less sleep than men?

No = 1 point

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There are many reasons why seniors may experience non-restorative sleep.

5. Do seniors have less deep sleep than children and teenagers?

Yes = 2 points

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There are many reasons why seniors may experience non-restorative sleep.

6. Do seniors show polyphasic sleep patterns with short sleep periods during the day?

Yes = 2 points

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There are many reasons why seniors may experience non-restorative sleep.

7. Is sleep in seniors more fragmented because of short REM sleep periods?

Yes = 1 point No = 2 points

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However, your friend's grandma states that with her regular sleep of 5 hours a night she is happy, healthy and without any other problems.

8. Should your best friend be concerned or try to increase her grandmother's sleep time, particularly since she doesn't nap during the day?

No = 3 points

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However, your friend's grandma states that with her regular sleep of 5 hours a night she is happy, healthy and without any other problems.

9. Should she ask her grandmother to keep a sleep log and sleep diary?

No = 3 points

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However, your friend's grandma states that with her regular sleep of 5 hours a night she is happy, healthy and without any other problems.

10. Should her grandmother take a sleep log and sleep diary to her family physician?

No = 3 points

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Your best friend's mother, a 57 year old teacher, complains that "I usually sleep around 2 hours at a time then wake up. Sometimes I fall back to sleep quickly and sometimes it takes a while. I have enough energy to work, drive 20 miles a day, run a house and garden. I usually get up at 5.30 am but around 8.00 pm I definitely slow down."

11. Is your best friend's mother getting enough restorative sleep?

Yes = 1 point No = 1 point

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Your best friend's mother, a 57 year old teacher complains that "I usually sleep around 2 hours at a time then wake up. Sometimes I fall back to sleep quickly and sometimes it takes a while. I have enough energy to work, drive 20 miles a day, run a house and garden. I usually get up at 5.30 am but around 8.00 pm I definitely slow down."

12. Is this common for people her age?

Yes = 1 point No = 2 points

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Your best friend's mother wants to know what she could do to sleep longer at a time.

13. Would you recommend she drink Green Tea to help her sleep better?

No = 2 points

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Your best friend's mother wants to know what she could do to sleep longer at a time.

14. Would you recommend she take a herb or an over-the-counter (OTC) medication such as melatonin?

Yes = 1 point No = 5 points

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Your best friend's mother wants to know what she could do to sleep longer at a time.

15. If she takes a herb or an OTC should she self-monitor her response to this "medication"?

Yes = 5 points

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Your best friend's mother wants to know what she could do to sleep longer at a time.

16. Before going for a sleep assessment would you recommend she keeps a sleep log for 10 days to chart her sleep patterns?

Yes = 3 points

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Your best friend's mother wants to know what she could do to sleep longer at a time.

17. Would you suggest she assesses her well-being with the Cleveland Sleepiness Scale?

No = 2 points

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Your best friend's mother wants to know what she could do to sleep longer at a time.

18. Would you suggest she notes her daily mood in a sleep diary, especially when she wakes in the morning?

Yes = 5 points

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Your best friend's mother wants to know what she could do to sleep longer at a time.

19. Would you recommend she assesses her well-being and overall quality of life in a sleep diary?

Yes = 5 points

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Your best friend's mother wants to know what she could do to sleep longer at a time.

20. Is she considered a "lark" because she prefers an early bed time and likes to get an early start in the morning?

Yes = 1 point No = 1 point

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Currently, your best friend is 'madly in love' and sleeps much less but dreams much more yet he claims to feel better. His mother is upset about this calling it all 'nonsense'.

21. According to Allan Hobson, is your best friend turning off his brain when sleeping?

No = 4 points

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Currently, your best friend is 'madly in love' and sleeps much less but dreams much more yet he claims to feel better. His mother is upset about this calling it all 'nonsense'.

22. Is dreaming a state of brain activity, an altered state of consciousness?

Yes = 2 points

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Currently, your best friend is 'madly in love' and sleeps much less but dreams much more yet he claims to feel better. His mother is upset about this calling it all 'nonsense'.

23. Does dreaming occur during non-REM sleep?

Yes = 1 point No = 2 points

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Currently, your best friend is 'madly in love' and sleeps much less but dreams much more yet he claims to feel better. His mother is upset about this calling it all 'nonsense'.

24. As he dreams more should we focus on his interpretations of his dreams?

Yes = 1 point No = 3 points

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Currently, your best friend is 'madly in love' and sleeps much less but dreams much more yet he claims to feel better. His mother is upset about this calling it all 'nonsense'.

25. If a person's ability to function or their mood is not impaired, is daytime sleepiness considered a problem?

No = 5 points

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Currently, your best friend is 'madly in love' and sleeps much less but dreams much more yet he claims to feel better. His mother is upset about this calling it all 'nonsense'.

26. Is it important that he wakes up in the morning before deep sleep in order to avoid the feeling of 'non-restorative sleep'?

No = 3 points

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Your best friend's sister is pregnant and asks you some questions regarding her pregnancy and the baby she is expecting?

27. "If fetuses are 'asleep' all the time can they respond to music?"

Yes = 3 points

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Your best friend's sister is pregnant and asks you some questions regarding her pregnancy and the baby she is expecting?

28. "Does the fetus kick in nonREM sleep?"

No = 2 points

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She delivers a healthy baby girl and is going home tomorrow afternoon. She has been reading up on infant sleep and has some additional questions for you.

29. "Do newborns have a regular or defined sleep pattern?"

No = 3 points

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She delivers a healthy baby girl and is going home tomorrow afternoon. She has been reading up on infant sleep and has some additional questions for you.

30. "Is it correct that newborns sleep between 5 and 11 hours each day?"

No = 3 points

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She delivers a healthy baby girl and is going home tomorrow afternoon. She has been reading up on infant sleep and has some additional questions for you.

31. "I've read that babies develop a regular sleep schedule by 12 months – is this correct?"

No = 3 points

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She delivers a healthy baby girl and is going home tomorrow afternoon. She has been reading up on infant sleep and has some additional questions for you.

32. "Should the baby's sleeping place (e.g. crib, hammock, bassinet) be in a separate room in order to train the baby to 'self soothe'?"

No = 5 points

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She delivers a healthy baby girl and is going home tomorrow afternoon. She has been reading up on infant sleep and has some additional questions for you.

33. "To prevent Sudden Infant Death should I place my baby to sleep on his back rather than on his stomach?"

Yes = 3 points

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She delivers a healthy baby girl and is going home tomorrow afternoon. She has been reading up on infant sleep and has some additional questions for you.

34. "Is co-sleeping when you sleep with your baby in the same bed?"

No = 3 points

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A few weeks later your friend's mother tells you that your best friend is now getting moody, has some concentration difficulties and becomes fidgety in the evening.

35. She wonders whether her son has ADHD. Should she have her son undergo testing for ADHD?

No = 5 points

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A few weeks later your friend's mother tells you that your best friend is now getting moody, has some concentration difficulties and becomes fidgety in the evening.

36. Is additional testing for other sleep related disorders such as Restless Leg Syndrome or Obstructive Sleep Apnea necessary?

No = 5 points

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A few weeks later your friend's mother tells you that your best friend is now getting moody, has some concentration difficulties and becomes fidgety in the evening.

37. As a solution to your friend's problems, do you suggest he nap several times over the day?

Yes = 2 points No = 2 points

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A few weeks later your friend's mother tells you that your best friend is now getting moody, has some concentration difficulties and becomes fidgety in the evening.

38. Your friend suggests that once the 'rainy Vancouver fall' starts his sleep problems will be solved because he will sleep more with less daylight. Do you agree?

Yes = 2 points No = 1 point

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A few weeks later your friend's mother tells you that your best friend is now getting moody, has some concentration difficulties and becomes fidgety in the evening.

39. In order to get the feeling of restorative sleep do you need all of the sleep stages?

Yes = 3 points

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A few weeks later your friend's mother tells you that your best friend is now getting moody, has some concentration difficulties and becomes fidgety in the evening.

40. In order to get the feeling of a restorative power nap do you need all of the sleep stages?

No = 3 points

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Your friend begins to complain that he doesn't remember his dreams anymore.

41. Is this phenomenon of not being able to remember dreams called sleep paralysis?

No = 3 points

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Your friend's mother is concerned because as a child he was a sleepwalker.

42. Do we sleepwalk in REM sleep?

No = 3 points

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Your friend's mother is concerned because as a child he was a sleepwalker.

43. Sleep deprivation can exacerbate sleep walking, teeth grinding and talking in one's sleep. Thus getting an appropriate amount of sleep would be curative. Is this correct?

Yes = 2 points

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Your friend's mother is concerned because as a child he was a sleepwalker.

44. Considering that one strategy to avoid sleep deprivation is strict regularity should schools offer late evening activities?

No = 3 points

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Your friend's mother is concerned because as a child he was a sleepwalker.

45. Do medications that reduce REM sleep help decrease the occurrence of sleep walking, teeth grinding and talking in one's sleep?

Yes = 2 points

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Your friend's mother is concerned because as a child he was a sleepwalker.

46. Before bothering the doctor, you suggest your friend try this medication which his father already has at home and monitor it with a sleep log?

Yes = subtract 20 points No = 10 points

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In the discussion with your best friend and his mother (the teacher) the following questions are raised.

47. Is sleep a biological function?

Yes = 5 points

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In the discussion with your best friend and his mother (the teacher) the following issues are raised.

48. One definition of sleep is selecting a particular spot for sleeping, adopting a typical sleep posture and remaining in a quiet relaxed physical state. Is this correct for animals?

Yes = 2 points

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In the discussion with your best friend and his mother (the teacher) the following issues are raised.

49. One definition of sleep is selecting a particular spot for sleeping, adopting a typical sleep posture and remaining in a quiet relaxed physical state. Is this correct for humans?

Yes = 2 points

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In the discussion with your best friend and his mother (the teacher) the following issues are raised.

50. Is sleep research related to the research of consciousness?

Yes = 2 points

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In the discussion with your best friend and his mother (the teacher) the following issues are raised.

51. Is Freud's model of consciousness and sub-consciousness based on Rene Descartes' dualistic model of *Mind and Body*?

Yes = 5 points

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Your family is impressed with your expertise on sleep and want to get your advice. Your father snores and your mother is concerned as she heard that OSA is a common medical disorder.

52. Is OSA characterized by vibration of soft tissues in the throat during sleep?

No = 5 points

The 'Sleepy' Quiz (MMS 2008), Copyright CFRI Research Education Office

Your family is impressed with your expertise on sleep and want to get your advice. Your father snores and your mother is concerned as she heard that OSA is a common medical disorder.

53. Your father is high risk for developing OSA because of his age, obesity and gender. Is this correct?

Yes = 3 points

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Your family is impressed with your expertise on sleep and want to get your advice. Your father snores and your mother is concerned as she heard that OSA is a common medical disorder.

54. Does OSA lead to:
a) nocturnal hypoxia? Yes = 2 points

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Your family is impressed with your expertise on sleep and want to get your advice. Your father snores and your mother is concerned as she heard that OSA is a common medical disorder.

54. Does OSA lead to:
a) nocturnal hypoxia?
b) sleep fragmentation? Yes = 2 points

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Your family is impressed with your expertise on sleep and want to get your advice. Your father snores and your mother is concerned as she heard that OSA is a common medical disorder.

54. Does OSA lead to:
a) nocturnal hypoxia?
b) sleep fragmentation?
c) daytime sleepiness? Yes = 2 points

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On the other hand, your father is more concerned that your mother might have OSA. She has increased daytime sleepiness and recently had a motor vehicle accident.

55. Your mother argues that she does not snore, is slim and being a woman all make her low risk for developing a sleep disorder. Is this correct?

No = 5 points

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You feel that it is important to provide your parents with basic, significant information about sleep disturbances which affect daytime well-being and sleepiness.

56. The body normally rests at night but with OSA it is stimulated over and over throughout the night by increased waking or arousal phenomena. This causes a decrease in heart rate and blood pressure. Is this correct?

No = 5 points

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You feel that it is important to provide your parents with basic, significant information about sleep disturbances which affect daytime well-being and sleepiness.

57. As the years go on these phenomena can have a negative impact on the heart and vessels. The risk of heart and vascular disease is increased in untreated OSA. Is this correct?

Yes = 5 points

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You feel that it is important to provide your parents with basic, significant information about sleep disturbances which affect daytime well-being and sleepiness.

58. The main reasons for fragmented sleep include:

- a) OSA Yes = 2 points

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You feel that it is important to provide your parents with basic, significant information about sleep disturbances which affect daytime well-being and sleepiness.

58. The main reasons for fragmented sleep are:

- a) OSA
- b) Hunger Yes = 2 points

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You feel that it is important to provide your parents with basic, significant information about sleep disturbances which affect daytime well-being and sleepiness.

58. The main reasons for fragmented sleep are:

- a) OSA
- b) Hunger
- c) Urination Yes = 2 points

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You feel that it is important to provide your parents with basic, significant information about sleep disturbances which affect daytime well-being and sleepiness.

58. The main reasons for fragmented sleep are:

- a) OSA
- b) Hunger
- c) Urination
- d) Gastric reflux ('heartburn') Yes = 5 points

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You feel that it is important to provide your parents with basic, significant information about sleep disturbances which affect daytime well-being and sleepiness.

58. The main reasons for fragmented sleep are:

- a) OSA
- b) Hunger
- c) Urination
- d) Gastric reflux ('heartburn')
- e) Pain Yes = 5 points

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