

Smith Seminars 2012 Online Course
Polysomnography and Obstructive Sleep Apnea – Printed Test Page 1

NAME _____

DATE _____

1. ____ Polysomnography (PSG):
 - A. Can be done as a single-night PSG
 - B. Consists of a simultaneous recording of multiple physiologic parameters related to sleep and wakefulness
 - C. Is used to evaluate abnormalities of sleep and/or wakefulness
 - D. All the above

2. ____ Evaluation of the eye movements is necessary because:
 - A. Documentation of the onset of rapid eye movement (REM) sleep
 - B. The presence of slow-rolling eye movements that usually accompany the onset of sleep are noted
 - C. A & B
 - D. None of the above

3. ____ Delta EEG:
 - A. Has a frequency of 0.5-2 cps
 - B. Has a frequency of 3-7 cps
 - C. Has a frequency of 12-14 cps
 - D. None of the above

4. ____ The risk for OSA increases with:
 - A. BMI less than 30
 - B. Truncal obesity
 - C. Increased age, particularly after 30 years old
 - D. All the above

5. ____ Untreated sleep apnea:
 - A. Can cause irritability, moodiness, and depression
 - B. Excessive sleepiness or fatigue during the day
 - C. A & B
 - D. None of the above

6. ____ Sinus congestion:
 - A. Can cause sleep fragmentation and daytime somnolence
 - B. Helps CPAP function properly
 - C. Can decrease vasomotor rhinitis
 - D. All the above

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7. ____ Surgical technique such as genioglossus advancement:
- A. Is reserved for patients who cannot tolerate CPAP
 - B. Can be very effective, especially if performed as staged procedures
 - C. A & B
 - D. None of the above
8. ____ Sedative-hypnotics can:
- A. Prevent airway closures and stop the apneic event
 - B. Decrease some of the arousals and sleep fragmentation
 - C. May resolve the underlying pathophysiologic cause
 - D. Fix the primary problem of sleep apnea
9. ____ Excessive weight and weight gain:
- A. Tends to cause a deposition of fat in the lower airways
 - B. Can cause or precipitate OSA
 - C. Widens oropharyngeal patency
 - D. B & C
10. ____ Sleep disorders:
- A. Create an imbalance of leptin and ghrelin
 - B. Tend to elevate cortisol levels
 - C. Promotes weight gain
 - D. All the above

Submission Instructions

Print the test, answer the questions, and fill out personal information.

Submission Method #1 – Fax to us at 972-759-9791

Submission Method #2 – Smith Seminars, PO Box 516, Paradise, TX 76073

Submission Method #3 – Go to www.smithseminars.com online tests and enter answers

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