

Module 2, Lesson 8 Quiz:
Sleep Disturbances

1. Research finds a strong correlation between poor sleep and all of these conditions, except:
 - a. Hypertension
 - b. Heart failure
 - c. Diabetes
 - d. **Celiac disease**

2. Many people struggle with sleep apnea. A tool that can be used at home to help improve sleep apnea is:
 - a. **Continuous Positive Airway Pressure machine, which is basically a mask that helps deliver air to the lungs while you sleep**
 - b. A ventilator, which is a machine that moves breathable air into and out of the lungs
 - c. A respirator, which is a device that protects the wearer from inhaling hazardous dust and airborne material into their lungs
 - d. An atomizer, which is a device for emitting a fine mist of water and aromatherapy agents in a fine spray

3. Sleep apnea occurs when the airway becomes constricted or overcrowded and collapses, shutting off oxygen and the airflow completely stops. Which statement is true about sleep apnea?
 - a. It is closely linked to digestive issues, like constipation
 - b. **People who suffer feel like they are suffocating**
 - c. There is no known cure
 - d. It is only found in obese individuals

4. According to the National Sleep Foundation, the best behavioral tool to combat sleep disorders is:
 - a. **Exercise**
 - b. Weight loss
 - c. Diet
 - d. Stress management