

Why Won't You Go To Sleep? Pediatric Insomnia and Its Impact on Families
Satellite Webcast
May 24, 2012
Social Work CEU Quiz

(Select only the one best answer)

1. Suggested sleep times are from _____.
A) 2-12 months 9-10 hours
B) Birth to 2 months 10-19 hours
C) Adolescents 7-9 hours
D) All the above
2. The 3 "P's" of pediatric insomnia are _____:
A) Predisposing
B) Postpartum women
C) Precipitating
D) Perpetuating
E) A, C, and D
3. 25-50% of children waken nightly requiring parental intervention
A) True
B) False
4. Maternal depression has been linked to poor infant sleep
A) True
B) False
5. Marital satisfaction improves as infant sleep improves
A) True
B) False

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____