

Putting Insomnia to Bed

Satellite Webcast

Social Work CEU Quiz

April 17, 2025

(Select only the one best answer)

1. During sleep, we experience two types or states of sleep over an 8-hour time period. They are _____ and _____.
 - A) NREM sleep and REM sleep
 - B) U2 sleep and REM sleep
 - C) RAM and REM
 - D) Awake and Rest

2. The DSM-V definition of insomnia is "A predominant complaint of dissatisfaction with sleep quantity or quality."
 - A) True
 - B) False

3. Insomnia is defined by _____.
 - A) The specific hours of sleep a person gets
 - B) How long it takes to fall asleep
 - C) Poor sleep that causes distress and/or impairments for individuals or their families

4. The four key components of taking a good sleep history include:
 - A) Current sleep habits
 - B) Sleep environment
 - C) Symptoms of Psychiatric Disorder
 - D) Symptoms for potential sleep disorders
 - E) All of the above

5. Cognitive Behavior Therapy identifies, challenges, and replaces dysfunctional beliefs and attitudes about sleep and insomnia.
 - A) True
 - B) False

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