

## Insomnia Quiz: 100 Multiple-Choice Questions with Answers

1. What is insomnia?

- A. A breathing disorder during sleep
- B. Difficulty falling asleep, staying asleep, or waking too early
- C. Sleeping more than 12 hours daily
- D. A disorder involving sleepwalking

Answer: B. Difficulty falling asleep, staying asleep, or waking too early

Explanation: Insomnia is a sleep disorder characterized by trouble falling asleep, staying asleep, or waking earlier than desired and being unable to return to sleep.

2. Which of the following is a common symptom of insomnia?

- A. Excessive daytime energy
- B. Difficulty concentrating
- C. Increased appetite only at night
- D. Improved memory

Answer: B. Difficulty concentrating

Explanation: Poor sleep can impair focus, concentration, and memory, making daytime functioning more difficult.

3. Acute insomnia usually lasts:

- A. Less than 3 months
- B. More than 1 year
- C. Exactly 6 months
- D. Lifetime only

Answer: A. Less than 3 months

Explanation: Acute insomnia is short-term and often related to stress or temporary life events.

4. Chronic insomnia occurs when symptoms happen at least:

- A. Once per month
- B. Three nights per week for 3 months or longer
- C. Every night for 1 week
- D. Only during vacations

Answer: B. Three nights per week for 3 months or longer

Explanation: Chronic insomnia is diagnosed when sleep difficulties occur frequently over a prolonged period.

5. Which hormone helps regulate sleep?

- A. Insulin
- B. Cortisol
- C. Melatonin
- D. Adrenaline

Answer: C. Melatonin

Explanation: Melatonin is produced by the pineal gland and helps regulate the sleep-wake cycle.

6. Which beverage may worsen insomnia if consumed late in the day?

- A. Water
- B. Milk
- C. Coffee
- D. Herbal tea

Answer: C. Coffee

Explanation: Coffee contains caffeine, a stimulant that can interfere with falling asleep.

7. Which age group is most commonly affected by insomnia?

- A. Older adults
- B. Infants only
- C. Teenagers only
- D. Toddlers only

Answer: A. Older adults

Explanation: Insomnia becomes more common with aging due to changes in sleep patterns, health conditions, and medications.

8. Which mental health condition is strongly linked to insomnia?

- A. Asthma
- B. Depression
- C. Broken bones
- D. Cataracts

Answer: B. Depression

Explanation: Depression and anxiety are frequently associated with sleep disturbances, including insomnia.

9. What is sleep hygiene?

- A. Cleaning the bedroom daily
- B. Healthy habits that promote good sleep
- C. Wearing pajamas to bed
- D. Sleeping exactly 12 hours

Answer: B. Healthy habits that promote good sleep

Explanation: Sleep hygiene includes behaviors such as maintaining a consistent sleep schedule and limiting screen time before bed.

10. Which device can interfere with sleep due to blue light exposure?

- A. Refrigerator

- B. Television remote
- C. Smartphone
- D. Hairbrush

Answer: C. Smartphone

Explanation: Blue light from smartphones and other screens can suppress melatonin production.

11. Which of the following is a relaxation technique that may help insomnia?

- A. Heavy late-night exercise
- B. Meditation
- C. Drinking energy drinks
- D. Playing loud music

Answer: B. Meditation

Explanation: Meditation may reduce stress and promote relaxation before bedtime.

12. What is a common daytime effect of insomnia?

- A. Improved coordination
- B. Daytime fatigue
- C. Increased sleep quality
- D. Enhanced reaction time

Answer: B. Daytime fatigue

Explanation: Poor sleep often leads to tiredness and reduced energy during the day.

13. Which sleep stage is important for memory consolidation?

- A. REM sleep
- B. Stage 1 only
- C. Awake stage

D. None of the above

Answer: A. REM sleep

Explanation: REM sleep plays an important role in learning, memory, and emotional processing.

14. Which medication type is sometimes prescribed short-term for insomnia?

- A. Antibiotics
- B. Sedative-hypnotics
- C. Antacids
- D. Vaccines

Answer: B. Sedative-hypnotics

Explanation: Sedative-hypnotics may help with sleep but are generally recommended for short-term use.

15. Which habit is recommended for improving sleep?

- A. Keeping irregular sleep hours
- B. Going to bed at the same time nightly
- C. Drinking soda before bed
- D. Taking long daytime naps

Answer: B. Going to bed at the same time nightly

Explanation: A regular sleep schedule helps regulate the body's internal clock.

16. What is the body's internal clock called?

- A. Digestive cycle
- B. Immune cycle
- C. Circadian rhythm
- D. Skeletal rhythm

Answer: C. Circadian rhythm

Explanation: The circadian rhythm controls daily sleep and wake patterns.

17. Which condition may cause secondary insomnia?

- A. Chronic pain
- B. Perfect health
- C. Balanced diet
- D. Adequate exercise

Answer: A. Chronic pain

Explanation: Pain can make it difficult to fall asleep or remain asleep.

18. Which nutrient deficiency may contribute to sleep problems?

- A. Iron deficiency
- B. Excess vitamin C only
- C. Too much fiber
- D. Low water intake only

Answer: A. Iron deficiency

Explanation: Iron deficiency can contribute to restless legs syndrome and sleep disturbances.

19. What is a common cause of transient insomnia?

- A. Stressful life events
- B. Stable routines
- C. Regular exercise
- D. Quiet environments

Answer: A. Stressful life events

Explanation: Temporary stress such as exams, travel, or illness can trigger short-term insomnia.

20. Which sleeping environment is best for reducing insomnia?

- A. Bright and noisy
- B. Warm and crowded
- C. Dark, cool, and quiet
- D. Hot and loud

Answer: C. Dark, cool, and quiet

Explanation: Comfortable sleep environments support better sleep quality.

21. Which profession commonly experiences insomnia due to shift work?

- A. Night-shift nurses
- B. Librarians only
- C. Gardeners only
- D. Bakers only

Answer: A. Night-shift nurses

Explanation: Shift work can disrupt circadian rhythms and contribute to insomnia.

22. Which disorder involves repeated pauses in breathing during sleep?

- A. Narcolepsy
- B. Sleep apnea
- C. Bruxism
- D. Sleep talking

Answer: B. Sleep apnea

Explanation: Sleep apnea can interrupt sleep and lead to insomnia-like symptoms.

23. What is CBT-I?

- A. Cardiac breathing treatment
- B. Cognitive Behavioral Therapy for Insomnia
- C. Blood pressure therapy
- D. Brainwave surgery

Answer: B. Cognitive Behavioral Therapy for Insomnia

Explanation: CBT-I is a structured therapy that helps change thoughts and behaviors contributing to insomnia.

24. Which food contains natural melatonin?

- A. Cherries
- B. Chips
- C. Fried chicken
- D. Candy bars

Answer: A. Cherries

Explanation: Tart cherries contain melatonin and may support sleep.

25. Which action is NOT recommended before bedtime?

- A. Reading a calming book
- B. Relaxation exercises
- C. Intense video gaming
- D. Taking a warm bath

Answer: C. Intense video gaming

Explanation: Stimulating activities can make it harder to wind down before sleep.

26. Which neurotransmitter promotes sleep?

- A. Dopamine only
- B. GABA
- C. Adrenaline
- D. Histamine

Answer: B. GABA

Explanation: GABA helps calm brain activity and supports relaxation and sleep.

27. Insomnia may increase the risk of:

- A. Motor vehicle accidents
- B. Improved driving ability
- C. Perfect concentration
- D. Faster reflexes

Answer: A. Motor vehicle accidents

Explanation: Sleep deprivation can impair alertness and reaction time.

28. Which sleep aid is available over the counter?

- A. Diphenhydramine
- B. Insulin
- C. Penicillin
- D. Ibuprofen only

Answer: A. Diphenhydramine

Explanation: Diphenhydramine is an antihistamine commonly used as a sleep aid.

29. Which factor can worsen insomnia?

- A. Excessive alcohol use

- B. Consistent sleep routines
- C. Relaxation methods
- D. Limiting caffeine

Answer: A. Excessive alcohol use

Explanation: Alcohol may initially cause drowsiness but can disrupt sleep later in the night.

30. What is sleep latency?

- A. Time spent dreaming
- B. Time it takes to fall asleep
- C. Time spent awake in the morning
- D. Length of naps

Answer: B. Time it takes to fall asleep

Explanation: Sleep latency measures how long it takes to transition from wakefulness to sleep.

31. Which type of insomnia involves waking too early?

- A. Sleep-onset insomnia
- B. Maintenance insomnia
- C. Terminal insomnia
- D. Parasomnia

Answer: C. Terminal insomnia

Explanation: Terminal insomnia refers to early morning awakening with inability to return to sleep.

32. Which vitamin is associated with sleep regulation?

- A. Vitamin D
- B. Vitamin K only
- C. Vitamin B12 only
- D. Vitamin A only

Answer: A. Vitamin D

Explanation: Low vitamin D levels have been associated with poor sleep quality in some studies.

33. What is a sleep diary?

- A. A medical prescription
- B. A record of sleep habits and patterns
- C. A sleeping medication list
- D. A dream interpretation book

Answer: B. A record of sleep habits and patterns

Explanation: Sleep diaries help identify habits or triggers related to insomnia.

34. Which symptom is common in sleep deprivation?

- A. Irritability
- B. Improved memory
- C. Enhanced mood
- D. Increased patience

Answer: A. Irritability

Explanation: Lack of sleep can negatively affect emotional regulation.

35. Which medical professional specializes in sleep disorders?

- A. Dermatologist
- B. Sleep specialist
- C. Orthopedic surgeon
- D. Ophthalmologist

Answer: B. Sleep specialist

Explanation: Sleep specialists diagnose and treat sleep disorders such as insomnia.

36. Which substance is a stimulant?

- A. Caffeine
- B. Melatonin
- C. Chamomile
- D. Magnesium

Answer: A. Caffeine

Explanation: Caffeine increases alertness and may delay sleep onset.

37. What is polysomnography?

- A. Blood test
- B. Sleep study
- C. Hearing exam
- D. Vision screening

Answer: B. Sleep study

Explanation: Polysomnography monitors body functions during sleep to diagnose sleep disorders.

38. Which condition is characterized by excessive daytime sleepiness?

- A. Narcolepsy
- B. Insomnia only
- C. Migraine
- D. Arthritis

Answer: A. Narcolepsy

Explanation: Narcolepsy causes sudden sleep episodes and excessive daytime sleepiness.

39. Which lifestyle factor may improve sleep quality?

- A. Regular exercise
- B. Smoking before bed
- C. Eating heavy meals late at night
- D. Constant screen use

Answer: A. Regular exercise

Explanation: Moderate regular exercise may improve sleep quality when not performed too close to bedtime.

40. Which mineral may support muscle relaxation and sleep?

- A. Magnesium
- B. Sodium
- C. Chlorine
- D. Fluoride

Answer: A. Magnesium

Explanation: Magnesium may help support relaxation and healthy sleep patterns.

41. What does REM stand for?

- A. Rapid Eye Movement
- B. Resting Energy Motion
- C. Reduced Emotional Memory
- D. Respiratory Eye Mode

Answer: A. Rapid Eye Movement

Explanation: REM is a sleep stage associated with dreaming and brain activity.

42. Which factor commonly disrupts sleep in older adults?

- A. Frequent nighttime urination
- B. Increased deep sleep
- C. Less medication use
- D. Better circadian rhythm regulation

Answer: A. Frequent nighttime urination

Explanation: Nocturia can interrupt sleep repeatedly during the night.

43. Which condition involves uncomfortable leg sensations relieved by movement?

- A. Restless legs syndrome
- B. Migraine
- C. Vertigo
- D. Tinnitus

Answer: A. Restless legs syndrome

Explanation: Restless legs syndrome can interfere with sleep onset.

44. Which sleeping habit is unhealthy?

- A. Using the bed for sleep only
- B. Working on a laptop in bed
- C. Maintaining a bedtime routine
- D. Limiting naps

Answer: B. Working on a laptop in bed

Explanation: Associating the bed with work may make it harder for the brain to connect bed with sleep.

45. Which sleep stage is considered deepest?

- A. Stage 3 non-REM sleep
- B. REM only
- C. Stage 1 sleep

D. Awake stage

Answer: A. Stage 3 non-REM sleep

Explanation: Deep sleep is important for physical restoration and recovery.

46. Which hormone increases during stress and may impair sleep?

- A. Cortisol
- B. Melatonin
- C. Oxytocin
- D. Serotonin

Answer: A. Cortisol

Explanation: Elevated cortisol levels may increase alertness and interfere with sleep.

47. Which habit may reduce insomnia symptoms?

- A. Avoiding caffeine late in the day
- B. Drinking energy drinks before bed
- C. Sleeping with bright lights on
- D. Staying awake all night

Answer: A. Avoiding caffeine late in the day

Explanation: Limiting stimulants in the evening may improve sleep onset.

48. Which medical condition may contribute to insomnia?

- A. Asthma
- B. Hypertension
- C. Arthritis
- D. All of the above

Answer: D. All of the above

Explanation: Many medical conditions can interfere with sleep.

49. Which behavior is associated with good sleep hygiene?

- A. Keeping naps short
- B. Drinking alcohol nightly
- C. Watching television in bed for hours
- D. Eating large meals before bedtime

Answer: A. Keeping naps short

Explanation: Long naps may interfere with nighttime sleep.

50. Which type of insomnia involves difficulty staying asleep?

- A. Maintenance insomnia
- B. Terminal insomnia
- C. Acute insomnia
- D. Hypersomnia

Answer: A. Maintenance insomnia

Explanation: Maintenance insomnia refers to repeated awakenings during the night.

51. What is hypersomnia?

- A. Difficulty sleeping
- B. Excessive sleepiness
- C. Sleepwalking
- D. Fear of sleeping

Answer: B. Excessive sleepiness

Explanation: Hypersomnia is characterized by excessive sleep or daytime sleepiness.

52. Which condition is linked to nighttime teeth grinding?

- A. Bruxism
- B. Narcolepsy
- C. Apnea
- D. Cataplexy

Answer: A. Bruxism

Explanation: Bruxism can disturb sleep and lead to jaw pain.

53. Which sleep disorder may involve sudden muscle weakness?

- A. Cataplexy
- B. Insomnia
- C. Bruxism
- D. Snoring

Answer: A. Cataplexy

Explanation: Cataplexy is commonly associated with narcolepsy.

54. Which room temperature is often recommended for sleep?

- A. Cool temperature
- B. Very hot temperature
- C. Extremely cold temperature
- D. Outdoor temperature only

Answer: A. Cool temperature

Explanation: Cooler rooms are generally more conducive to sleep.

55. Which activity can help establish a bedtime routine?

- A. Reading quietly
- B. Drinking espresso
- C. High-intensity exercise immediately before bed
- D. Loud music

Answer: A. Reading quietly

Explanation: Calm activities may help signal the body that it is time for sleep.

56. Which condition often causes insomnia in pregnancy?

- A. Hormonal changes
- B. Increased relaxation only
- C. Better sleep cycles
- D. Reduced body discomfort

Answer: A. Hormonal changes

Explanation: Hormonal fluctuations and physical discomfort can disrupt sleep during pregnancy.

57. Which sleep problem is common during jet lag?

- A. Circadian rhythm disruption
- B. Improved sleep timing
- C. Better concentration
- D. Increased deep sleep immediately

Answer: A. Circadian rhythm disruption

Explanation: Crossing time zones disrupts the body's internal clock.

58. Which sleeping position may worsen snoring?

- A. Sleeping on the back
- B. Sleeping on the side
- C. Reclining slightly
- D. Elevated head position

Answer: A. Sleeping on the back

Explanation: Back sleeping may increase airway obstruction in some people.

59. Which nutrient is found in milk and may support sleep?

- A. Tryptophan
- B. Caffeine
- C. Nicotine
- D. Creatine

Answer: A. Tryptophan

Explanation: Tryptophan is involved in serotonin and melatonin production.

60. Which mental health condition commonly coexists with insomnia?

- A. Anxiety disorder
- B. Broken arm
- C. Nearsightedness
- D. Eczema only

Answer: A. Anxiety disorder

Explanation: Anxiety can increase racing thoughts and difficulty sleeping.

61. What is sleep efficiency?

- A. Percentage of time in bed actually spent sleeping
- B. Number of dreams per night
- C. Length of naps only
- D. Total hours awake

Answer: A. Percentage of time in bed actually spent sleeping

Explanation: Sleep efficiency is used to assess sleep quality.

62. Which factor may improve circadian rhythm alignment?

- A. Morning sunlight exposure
- B. Staying indoors constantly
- C. Overnight caffeine use
- D. Sleeping at random times

Answer: A. Morning sunlight exposure

Explanation: Sunlight helps regulate the body's sleep-wake cycle.

63. Which medication side effect may include insomnia?

- A. Steroids
- B. Sleeping pills only
- C. Antacids only
- D. Antibiotics only

Answer: A. Steroids

Explanation: Some medications, including corticosteroids, may interfere with sleep.

64. What is sleep deprivation?

- A. Excessive dreaming
- B. Inadequate sleep quantity or quality
- C. Too much exercise
- D. Sleepwalking episodes

Answer: B. Inadequate sleep quantity or quality

Explanation: Sleep deprivation affects physical and mental functioning.

65. Which disorder disrupts circadian rhythms due to work schedules?

- A. Shift work disorder
- B. Parasomnia
- C. Bruxism
- D. Cataplexy

Answer: A. Shift work disorder

Explanation: Working irregular hours can interfere with normal sleep timing.

66. Which symptom may indicate chronic insomnia?

- A. Persistent fatigue
- B. Improved concentration
- C. Better memory
- D. Increased athletic performance

Answer: A. Persistent fatigue

Explanation: Ongoing poor sleep commonly leads to chronic tiredness.

67. Which bedtime habit is discouraged?

- A. Checking emails in bed
- B. Relaxation breathing
- C. Listening to calm music
- D. Dim lighting

Answer: A. Checking emails in bed

Explanation: Mentally stimulating activities can delay sleep.

68. Which sleep aid is naturally produced by the body?

- A. Melatonin
- B. Nicotine
- C. Amphetamine
- D. Cortisol

Answer: A. Melatonin

Explanation: Melatonin helps signal that it is time to sleep.

69. Which condition may cause nighttime awakening due to breathing difficulty?

- A. Asthma
- B. Broken finger
- C. Nearsightedness
- D. Seasonal allergies only

Answer: A. Asthma

Explanation: Breathing problems may interrupt sleep.

70. Which sleep disorder involves acting out dreams?

- A. REM sleep behavior disorder
- B. Sleep apnea
- C. Insomnia
- D. Narcolepsy

Answer: A. REM sleep behavior disorder

Explanation: People with this disorder physically act out dreams during REM sleep.

71. Which sleep hygiene recommendation is correct?

- A. Use the bedroom mainly for sleep
- B. Work in bed regularly
- C. Eat heavy meals before bedtime
- D. Keep lights bright overnight

Answer: A. Use the bedroom mainly for sleep

Explanation: This strengthens the mental association between bed and sleep.

72. Which factor commonly contributes to insomnia in students?

- A. Academic stress
- B. Too much relaxation
- C. Excess sleep only
- D. No screen exposure

Answer: A. Academic stress

Explanation: Stress and irregular schedules often affect student sleep.

73. Which exercise timing may interfere with sleep for some people?

- A. Vigorous exercise right before bedtime
- B. Morning exercise
- C. Afternoon walking
- D. Stretching

Answer: A. Vigorous exercise right before bedtime

Explanation: Intense exercise close to bedtime may increase alertness.

74. Which medical test may diagnose sleep apnea?

- A. Polysomnography
- B. ECG only
- C. Colonoscopy
- D. Bone scan

Answer: A. Polysomnography

Explanation: Sleep studies help evaluate breathing disturbances during sleep.

75. Which mood effect is linked to insomnia?

- A. Depression
- B. Increased emotional stability only
- C. Constant happiness
- D. Reduced stress always

Answer: A. Depression

Explanation: Sleep problems and depression can influence each other.

76. Which neurotransmitter is associated with wakefulness?

- A. Histamine
- B. Melatonin
- C. GABA only
- D. Adenosine only

Answer: A. Histamine

Explanation: Histamine promotes alertness and wakefulness.

77. Which behavior may worsen insomnia?

- A. Clock-watching during the night
- B. Relaxation breathing
- C. Consistent bedtimes
- D. Limiting caffeine

Answer: A. Clock-watching during the night

Explanation: Watching the clock may increase anxiety about sleep.

78. Which type of therapy is considered first-line treatment for chronic insomnia?

- A. CBT-I

- B. Surgery
- C. Antibiotics
- D. Chemotherapy

Answer: A. CBT-I

Explanation: Cognitive Behavioral Therapy for Insomnia is highly effective and recommended as first-line treatment.

79. Which hormone is commonly called the "sleep hormone" ?

- A. Melatonin
- B. Insulin
- C. Cortisol
- D. Thyroxine

Answer: A. Melatonin

Explanation: Melatonin helps regulate sleep timing.

80. Which sleep stage is associated with vivid dreaming?

- A. REM sleep
- B. Stage 1 only
- C. Awake stage
- D. Deep sleep only

Answer: A. REM sleep

Explanation: Dreams are most vivid during REM sleep.

81. Which factor may improve insomnia symptoms?

- A. Reducing stress
- B. Drinking more caffeine
- C. Staying awake intentionally
- D. Irregular sleep schedules

Answer: A. Reducing stress

Explanation: Stress management may improve sleep quality.

82. Which medical issue may lead to nighttime discomfort and insomnia?

- A. Acid reflux
- B. Perfect digestion
- C. Strong eyesight
- D. Healthy nails

Answer: A. Acid reflux

Explanation: Gastroesophageal reflux may worsen when lying down.

83. Which sleep habit is most helpful?

- A. Maintaining a regular wake time
- B. Sleeping at random hours
- C. Napping for several hours daily
- D. Consuming caffeine overnight

Answer: A. Maintaining a regular wake time

Explanation: Consistent wake times help stabilize circadian rhythms.

84. Which condition may cause sudden awakenings with panic?

- A. Night terrors
- B. Healthy sleep
- C. Cataracts
- D. Food allergies only

Answer: A. Night terrors

Explanation: Night terrors involve sudden fear and arousal during sleep.

85. Which substance should generally be avoided before bedtime?

- A. Nicotine
- B. Water
- C. Herbal tea
- D. Warm milk

Answer: A. Nicotine

Explanation: Nicotine is a stimulant that may interfere with sleep.

86. Which symptom may result from poor sleep?

- A. Slower reaction times
- B. Improved coordination
- C. Better judgment
- D. Enhanced memory

Answer: A. Slower reaction times

Explanation: Sleep deprivation affects alertness and motor performance.

87. Which age-related change may affect sleep?

- A. Reduced deep sleep
- B. Increased nonstop REM sleep
- C. Elimination of awakenings
- D. Permanent daytime alertness

Answer: A. Reduced deep sleep

Explanation: Older adults often experience lighter sleep and more awakenings.

88. Which sleep disorder is characterized by loud snoring and pauses in breathing?

- A. Obstructive sleep apnea

- B. Insomnia only
- C. Narcolepsy
- D. Bruxism

Answer: A. Obstructive sleep apnea

Explanation: Obstructive sleep apnea interrupts breathing repeatedly during sleep.

89. Which calming beverage is often associated with relaxation?

- A. Chamomile tea
- B. Energy drinks
- C. Cola
- D. Espresso

Answer: A. Chamomile tea

Explanation: Chamomile tea is commonly used as a calming bedtime beverage.

90. Which practice may help people fall asleep faster?

- A. Limiting screen time before bed
- B. Watching action movies overnight
- C. Drinking caffeinated soda late at night
- D. Sleeping with bright lights on

Answer: A. Limiting screen time before bed

Explanation: Reduced blue light exposure supports melatonin production.

91. Which brain chemical builds sleep pressure throughout the day?

- A. Adenosine
- B. Dopamine
- C. Insulin
- D. Cortisol

Answer: A. Adenosine

Explanation: Adenosine accumulation increases the drive to sleep.

92. Which sleep issue is common after consuming too much caffeine?

- A. Difficulty falling asleep
- B. Improved sleep quality
- C. Increased deep sleep only
- D. Better dream recall only

Answer: A. Difficulty falling asleep

Explanation: Caffeine blocks adenosine and promotes alertness.

93. Which emotional state often contributes to insomnia?

- A. Worry
- B. Calmness
- C. Relaxation
- D. Contentment

Answer: A. Worry

Explanation: Racing thoughts and worry may delay sleep onset.

94. Which environmental factor can disturb sleep?

- A. Noise pollution
- B. Darkness
- C. Comfortable bedding
- D. Quiet surroundings

Answer: A. Noise pollution

Explanation: Excessive noise can interrupt sleep cycles.

95. Which treatment may include stimulus control techniques?

- A. CBT-I
- B. Surgery only
- C. Chemotherapy
- D. Radiation therapy

Answer: A. CBT-I

Explanation: CBT-I often includes techniques that strengthen the connection between bed and sleep.

96. Which factor is associated with healthy sleep duration for most adults?

- A. 7–9 hours per night
- B. 2–3 hours per night
- C. 15 hours per night only
- D. No sleep required

Answer: A. 7–9 hours per night

Explanation: Most adults function best with approximately 7–9 hours of sleep.

97. Which behavior may increase nighttime awakenings?

- A. Drinking large amounts of fluids before bed
- B. Following a bedtime routine
- C. Sleeping in darkness
- D. Exercising regularly

Answer: A. Drinking large amounts of fluids before bed

Explanation: Excessive fluids may lead to nighttime bathroom trips.

98. Which disorder involves unusual behaviors during sleep?

- A. Parasomnia

- B. Hypertension
- C. Diabetes
- D. Arthritis

Answer: A. Parasomnia

Explanation: Parasomnias include sleepwalking, night terrors, and related behaviors.

99. Which strategy can help calm the mind before sleep?

- A. Deep breathing exercises
- B. Playing loud games
- C. Consuming caffeine
- D. Working intensely

Answer: A. Deep breathing exercises

Explanation: Slow breathing can activate relaxation responses.

100. Why is treating insomnia important?

- A. It improves overall health and daily functioning
- B. It guarantees perfect health forever
- C. It eliminates all stress permanently
- D. It removes the need for sleep

Answer: A. It improves overall health and daily functioning

Explanation: Managing insomnia can improve mood, concentration, energy, and long-term health outcomes.