

## Sleep Apnea: 100-Question Multiple-Choice Quiz

1. What is sleep apnea?

- A. A condition that causes excessive dreaming
- B. A disorder in which breathing repeatedly stops and starts during sleep
- C. A condition that causes insomnia only
- D. A disorder that affects digestion during sleep

2. Which type of sleep apnea is the most common?

- A. Central sleep apnea
- B. Mixed sleep apnea
- C. Obstructive sleep apnea
- D. Pediatric sleep apnea

3. What causes obstructive sleep apnea?

- A. Brain failure to signal breathing muscles
- B. Airway blockage during sleep
- C. Excess stomach acid
- D. High blood sugar

4. Central sleep apnea occurs because:

- A. The airway collapses
- B. The lungs stop working
- C. The brain does not send proper signals to breathing muscles
- D. The heart beats too slowly

5. Which symptom is most associated with sleep apnea?

- A. Frequent sneezing
- B. Loud snoring
- C. Ear pain
- D. Skin rash

6. What is a common daytime symptom of sleep apnea?

- A. Excessive daytime sleepiness
- B. Increased appetite only
- C. Improved concentration
- D. Hyperactivity only at night

7. Which of the following increases the risk of obstructive sleep apnea?

- A. Regular exercise
- B. Low body weight
- C. Obesity
- D. Drinking more water

8. Sleep apnea is diagnosed primarily through:

- A. Blood tests
- B. X-rays
- C. A sleep study
- D. Allergy testing

9. What does CPAP stand for?

- A. Continuous Positive Airway Pressure
- B. Controlled Pulmonary Airway Process
- C. Central Pressure Airway Pump
- D. Continuous Pulmonary Adjustment Program

10. Untreated sleep apnea may increase the risk of:

- A. Heart disease
- B. Diabetes
- C. Stroke
- D. All of the above

11. Which age group can develop sleep apnea?

- A. Adults only
- B. Elderly people only

- C. Children only
- D. People of all ages

12. Which symptom may indicate sleep apnea in children?

- A. Bedwetting
- B. Hyperactivity
- C. Poor school performance
- D. All of the above

13. What happens to oxygen levels during an apnea episode?

- A. They increase
- B. They remain unchanged
- C. They decrease
- D. They disappear completely

14. Which sleep position may worsen obstructive sleep apnea?

- A. Sleeping on the side
- B. Sleeping on the back
- C. Sleeping upright
- D. Sleeping on the stomach

15. What is an apnea?

- A. A dream disturbance
- B. A pause in breathing during sleep
- C. A rapid heartbeat during sleep
- D. A type of insomnia

16. Which gender is more commonly diagnosed with sleep apnea?

- A. Females only
- B. Males
- C. Children only
- D. Equal in all populations

17. A neck circumference that is larger may:

- A. Reduce sleep apnea risk
- B. Increase airway space
- C. Increase sleep apnea risk
- D. Improve breathing during sleep

18. What is hypopnea?

- A. Complete stopping of breathing
- B. Partial reduction in breathing
- C. Faster breathing during sleep
- D. Shallow dreams

19. Which specialist commonly treats sleep apnea?

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

20. Which lifestyle change may help reduce sleep apnea severity?

- A. Weight loss
- B. Smoking more
- C. Sleeping less
- D. Drinking caffeine before bed

21. Smoking can:

- A. Improve sleep apnea
- B. Increase airway inflammation
- C. Eliminate snoring
- D. Prevent apnea episodes

22. Alcohol before bedtime may:

- A. Improve airway muscle tone
- B. Reduce apnea risk
- C. Relax airway muscles and worsen apnea

D. Cure snoring

23. Which device is worn during sleep to help treat OSA?

- A. Hearing aid
- B. CPAP mask
- C. Blood pressure cuff
- D. Glucose monitor

24. Oral appliances for sleep apnea are designed to:

- A. Improve digestion
- B. Move the jaw or tongue forward
- C. Prevent dreams
- D. Reduce blood sugar

25. Which condition is commonly linked with sleep apnea?

- A. Hypertension
- B. Broken bones
- C. Cataracts
- D. Appendicitis

26. People with sleep apnea often wake up:

- A. Fully rested
- B. Gasping or choking
- C. With improved memory
- D. Earlier than usual only

27. What does polysomnography measure?

- A. Eye color
- B. Sleep-related body functions
- C. Bone density
- D. Blood type

28. The apnea-hypopnea index (AHI) measures:

- A. Blood pressure
- B. Number of breathing disturbances per hour
- C. Heart size
- D. Sleep duration only

29. Mild sleep apnea usually has an AHI of:

- A. 1–4
- B. 5–14
- C. 15–29
- D. 30 or more

30. Severe sleep apnea is generally defined as an AHI of:

- A. 5–10
- B. 10–15
- C. 15–20
- D. 30 or more

31. Which symptom may result from poor sleep quality caused by apnea?

- A. Memory problems
- B. Better focus
- C. Improved reaction time
- D. Faster metabolism only

32. Untreated sleep apnea may increase the risk of car accidents because of:

- A. Better sleep
- B. Daytime drowsiness
- C. Faster reflexes
- D. Improved alertness

33. Which hormone-related issue is associated with poor sleep from apnea?

- A. Improved insulin sensitivity

- B. Hormonal imbalance
- C. Increased melatonin only
- D. Reduced cortisol always

34. Which test can sometimes be done at home?

- A. Home sleep apnea test
- B. Bone scan
- C. MRI only
- D. Colonoscopy

35. Which factor may narrow the airway and contribute to OSA?

- A. Enlarged tonsils
- B. Healthy lungs
- C. Good posture
- D. Strong eyesight

36. Which population commonly experiences sleep apnea due to enlarged tonsils?

- A. Athletes
- B. Teenagers only
- C. Children
- D. Newborns only

37. Which treatment may be recommended when CPAP is not tolerated?

- A. Oral appliance therapy
- B. Avoiding sleep
- C. Drinking alcohol
- D. Bed rest only

38. Surgery for sleep apnea may aim to:

- A. Improve vision
- B. Remove or reduce airway obstruction
- C. Increase appetite

D. Strengthen leg muscles

39. What is a common effect of repeated nighttime awakenings?

- A. Better athletic performance
- B. Fragmented sleep
- C. Increased oxygen levels
- D. Perfect concentration

40. Which sleep stage is especially important for restoration and memory?

- A. REM sleep
- B. Wakefulness
- C. Standing sleep
- D. Transitional breathing only

41. Sleep apnea may contribute to which heart rhythm problem?

- A. Atrial fibrillation
- B. Broken ribs
- C. Kidney stones
- D. Cataracts

42. Which of the following is NOT a common symptom of sleep apnea?

- A. Morning headaches
- B. Loud snoring
- C. Excessive daytime sleepiness
- D. Improved memory

43. Morning headaches in sleep apnea may result from:

- A. Reduced oxygen levels
- B. Better breathing
- C. High vitamin intake
- D. Excess exercise

44. Which condition often occurs together with obesity and sleep apnea?

- A. Metabolic syndrome
- B. Fractures
- C. Food poisoning
- D. Astigmatism

45. Why is untreated sleep apnea dangerous?

- A. It can increase long-term health risks
- B. It improves energy levels
- C. It prevents disease
- D. It guarantees weight loss

46. Which sleep apnea treatment uses pressurized air?

- A. CPAP
- B. Antibiotics
- C. Chemotherapy
- D. Radiation therapy

47. What may happen if CPAP equipment is not cleaned properly?

- A. Reduced infection risk
- B. Bacterial buildup
- C. Improved airflow automatically
- D. Elimination of symptoms

48. Which factor can worsen sleep apnea symptoms at night?

- A. Sedative medications
- B. Side sleeping
- C. Weight loss
- D. Good sleep hygiene

49. Which professional may fit an oral appliance for sleep apnea?

- A. Dentist

- B. Veterinarian
- C. Optometrist
- D. Pharmacist

50. Which symptom may indicate poor oxygen levels during sleep?

- A. Bluish lips
- B. Improved mood only
- C. Faster hair growth
- D. Increased appetite only

51. Which sleep apnea type combines obstructive and central features?

- A. Pediatric apnea
- B. Complex sleep apnea
- C. Acute apnea
- D. Temporary apnea

52. Which condition may increase sleep apnea risk due to nasal blockage?

- A. Allergies
- B. Healthy sinuses
- C. Strong immunity
- D. Good hydration

53. Which body structure can contribute to sleep apnea?

- A. Receding chin
- B. Long fingers
- C. Flat feet
- D. Flexible wrists

54. What is a major goal of sleep apnea treatment?

- A. Eliminate all dreaming
- B. Restore normal breathing during sleep
- C. Prevent movement during sleep

D. Increase snoring volume

55. Which cardiovascular problem is strongly linked to untreated sleep apnea?

- A. High blood pressure
- B. Torn ligaments
- C. Eczema
- D. Nearsightedness

56. People with sleep apnea may experience mood changes such as:

- A. Irritability
- B. Constant euphoria
- C. Fear of water only
- D. Increased appetite only

57. Which sleep apnea treatment may involve electrical stimulation?

- A. Hypoglossal nerve stimulation
- B. Eye surgery
- C. Vitamin therapy
- D. Heat therapy

58. Which factor may improve sleep apnea symptoms?

- A. Sleeping on the side
- B. Drinking alcohol before bed
- C. Smoking
- D. Sleep deprivation

59. Which condition can sleep apnea worsen?

- A. Type 2 diabetes
- B. Broken bones
- C. Hearing loss only
- D. Tooth decay only

60. Which symptom often prompts bed partners to notice sleep apnea?

- A. Loud snoring and pauses in breathing
- B. Quiet sleeping
- C. Sleepwalking only
- D. Frequent laughing during sleep

61. Which sleep apnea type is more common in heart failure patients?

- A. Central sleep apnea
- B. Pediatric apnea
- C. Obstructive apnea only
- D. Acute apnea

62. What is the purpose of oxygen monitoring during a sleep study?

- A. Measure blood sugar
- B. Detect drops in oxygen saturation
- C. Test vision
- D. Measure digestion

63. Which symptom may affect work performance in sleep apnea patients?

- A. Poor concentration
- B. Improved alertness
- C. Better memory
- D. Increased endurance only

64. Which medication type can worsen sleep apnea?

- A. Sedatives
- B. Antibiotics
- C. Antacids
- D. Vitamins

65. Which term describes stopping breathing for at least 10 seconds?

- A. Hypersomnia
- B. Apnea
- C. Narcolepsy
- D. Bradycardia

66. Which group may have underdiagnosed sleep apnea symptoms?

- A. Women
- B. Professional athletes only
- C. Toddlers only
- D. Surgeons only

67. Which symptom is common after repeated poor sleep?

- A. Fatigue
- B. Superhuman energy
- C. Perfect memory
- D. Improved hearing

68. Which breathing pattern is common in central sleep apnea?

- A. Irregular breathing effort
- B. Continuous airway blockage only
- C. Permanent snoring only
- D. No breathing changes

69. Which surgical procedure may remove excess throat tissue?

- A. Uvulopalatopharyngoplasty
- B. Appendectomy
- C. Cataract surgery
- D. Hip replacement

70. Which symptom can result from chronic sleep deprivation caused by apnea?

- A. Depression
- B. Improved mood
- C. Better memory retention
- D. Increased oxygen levels

71. Which factor may improve CPAP comfort?

- A. Proper mask fitting
- B. Ignoring maintenance
- C. Tightening straps excessively
- D. Skipping treatment

72. Why are follow-up visits important in sleep apnea treatment?

- A. To monitor effectiveness and adjust treatment
- B. To stop treatment immediately
- C. To avoid sleep studies
- D. To eliminate all sleep stages

73. Which factor can increase airway collapse during sleep?

- A. Reduced muscle tone
- B. Strong throat muscles
- C. Upright posture
- D. Increased oxygen intake

74. What is one benefit of successful sleep apnea treatment?

- A. Improved daytime alertness
- B. Increased exhaustion
- C. More breathing pauses
- D. Reduced oxygen permanently

75. Which test measures airflow during sleep?

- A. Sleep study
- B. Eye exam
- C. Stress fracture scan
- D. Colon screening

76. Which of the following may be a complication of untreated sleep apnea?

- A. Stroke
- B. Improved concentration
- C. Enhanced memory
- D. Increased sleep quality

77. Which symptom may suggest nighttime breathing interruptions?

- A. Dry mouth upon waking
- B. Better sleep quality
- C. Increased appetite only
- D. Improved reaction time

78. Which factor commonly contributes to pediatric sleep apnea?

- A. Enlarged adenoids
- B. Strong jaw muscles
- C. Healthy airways
- D. Increased exercise

79. Which therapy may help central sleep apnea in some patients?

- A. Adaptive servo-ventilation
- B. Chemotherapy
- C. Radiation therapy
- D. Antibiotics

80. Which symptom may occur because the brain repeatedly wakes the body to breathe?

- A. Fragmented sleep
- B. Better memory
- C. Improved athletic ability
- D. Increased oxygen levels

81. Which body system is directly affected during apnea episodes?

- A. Respiratory system
- B. Digestive system only
- C. Skeletal system only
- D. Reproductive system only

82. Which symptom may occur during sleep apnea episodes?

- A. Choking sensations
- B. Improved breathing
- C. Perfect sleep continuity
- D. Increased oxygen saturation

83. Which lifestyle habit may reduce sleep apnea severity?

- A. Avoiding alcohol before bed
- B. Smoking before sleep
- C. Sleeping fewer hours
- D. Eating heavy meals at midnight

84. Which symptom may appear in untreated pediatric sleep apnea?

- A. Attention problems
- B. Improved school performance
- C. Increased energy only
- D. Better memory only

85. Which device measures oxygen levels at home?

- A. Pulse oximeter
- B. Thermometer
- C. Stethoscope
- D. Glucometer

86. Which factor may increase snoring and apnea severity?

- A. Nasal congestion
- B. Side sleeping
- C. Weight loss

D. Good sleep hygiene

87. What is a key purpose of CPAP therapy?

- A. Keep the airway open
- B. Eliminate REM sleep
- C. Stop dreaming
- D. Reduce heart rate permanently

88. Which symptom may indicate chronic sleep disruption?

- A. Difficulty concentrating
- B. Improved focus
- C. Better memory retention
- D. Increased nighttime energy

89. Which sleep apnea risk factor cannot easily be changed?

- A. Family history
- B. Weight
- C. Alcohol use
- D. Smoking habits

90. Which treatment option may help severe obstructive sleep apnea most effectively?

- A. CPAP therapy
- B. Ignoring symptoms
- C. Reducing water intake
- D. Sleeping less

91. Which condition may be worsened by poor sleep quality?

- A. Anxiety
- B. Perfect concentration
- C. Improved endurance
- D. Enhanced memory

92. Which sign may suggest airway obstruction during sleep?

- A. Pauses in breathing
- B. Continuous quiet breathing
- C. Increased oxygen only
- D. Constant wakefulness

93. Which sleep apnea treatment requires nightly use for best results?

- A. CPAP
- B. One-time surgery only
- C. Vitamin supplements only
- D. Occasional stretching only

94. Which body chemical may rise due to stress from repeated apnea episodes?

- A. Stress hormones
- B. Calcium only
- C. Vitamin C only
- D. Iron only

95. Which symptom may be reported by a bed partner?

- A. Loud snoring
- B. Improved breathing sounds
- C. Total silence all night
- D. Increased talking only

96. Which risk factor is associated with narrowed airways?

- A. Obesity
- B. Good hydration
- C. Daily stretching
- D. Low stress

97. Which symptom may improve after effective treatment?

- A. Daytime fatigue

- B. Apnea episodes
- C. Snoring
- D. All of the above

98. Which sleep disorder involves interrupted breathing during sleep?

- A. Sleep apnea
- B. Insomnia only
- C. Sleepwalking only
- D. Restless arm syndrome

99. Which factor can improve long-term sleep apnea outcomes?

- A. Consistent treatment adherence
- B. Avoiding medical care
- C. Smoking regularly
- D. Ignoring symptoms

100. Why is early diagnosis of sleep apnea important?

- A. To reduce health complications and improve quality of life
- B. To eliminate all dreams
- C. To avoid all forms of sleep
- D. To increase snoring