

Sleep Apnea: 100-Question Multiple-Choice Quiz with Answers

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

Correct Answer: B

Explanation: Sleep apnea is a sleep disorder characterized by repeated interruptions in breathing during sleep. These pauses can reduce oxygen levels and disrupt normal sleep patterns.

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

Correct Answer: C

Explanation: Obstructive sleep apnea (OSA) is the most common form and occurs when the muscles in the throat relax and block the airway.

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

Correct Answer: B

Explanation: In OSA, the airway becomes partially or completely blocked due to relaxed throat muscles or excess tissue.

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

Correct Answer: C

Explanation: Central sleep apnea is caused by a communication problem between the brain and the muscles that control breathing.

5. Which symptom is most associated with sleep apnea?

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

Correct Answer: B

Explanation: Loud, chronic snoring is one of the hallmark symptoms of obstructive sleep apnea.

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

Correct Answer: A

Explanation: Interrupted sleep often leads to fatigue and excessive daytime drowsiness.

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

Correct Answer: C

Explanation: Excess body weight, especially around the neck, can narrow the airway and increase the risk of OSA.

8. Sleep apnea is diagnosed primarily through:

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

Correct Answer: C

Explanation: A sleep study, known as polysomnography, monitors breathing, oxygen levels, and sleep patterns.

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

Correct Answer: A

Explanation: CPAP is a common treatment that keeps the airway open using steady air pressure.

10. Untreated sleep apnea may increase the risk of:

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

Correct Answer: D

Explanation: Sleep apnea is linked to several serious health conditions, including cardiovascular disease, diabetes, and stroke.

11. Which age group can develop sleep apnea?

- A. Adults only
- B. Elderly people only
- C. Children only
- D. People of all ages

Correct Answer: D

Explanation: Sleep apnea can affect children, adults, and older adults.

12. Which symptom may indicate sleep apnea in children?

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

Correct Answer: D

Explanation: Children with sleep apnea may experience behavioral and developmental issues in addition to sleep problems.

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

- A. They increase
- B. They remain unchanged
- C. They decrease

D. They disappear completely

Correct Answer: C

Explanation: Breathing pauses reduce oxygen intake, causing blood oxygen levels to drop.

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

Correct Answer: B

Explanation: Sleeping on the back may allow the tongue and soft tissues to block the airway more easily.

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

Correct Answer: B

Explanation: An apnea is a temporary pause in breathing lasting at least 10 seconds.

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

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

Correct Answer: B

Explanation: Men are more frequently diagnosed, although women can also develop sleep apnea.

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

Correct Answer: C

Explanation: A larger neck can indicate excess tissue around the airway, increasing the chance of obstruction.

18. What is hypopnea?

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

Correct Answer: B

Explanation: Hypopnea refers to abnormally shallow breathing or reduced airflow during sleep.

19. Which specialist commonly treats sleep apnea?

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

Correct Answer: B

Explanation: Sleep specialists diagnose and manage sleep disorders including sleep apnea.

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

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

Correct Answer: A

Explanation: Weight loss can reduce airway obstruction and improve symptoms.

21. Smoking can:

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

Correct Answer: B

Explanation: Smoking irritates and inflames the airway, potentially worsening sleep apnea.

22. Alcohol before bedtime may:

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

Correct Answer: C

Explanation: Alcohol relaxes throat muscles, making airway collapse more likely.

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

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

Correct Answer: B

Explanation: CPAP masks deliver pressurized air to keep the airway open.

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

Correct Answer: B

Explanation: Oral devices help maintain an open airway by repositioning the jaw or tongue.

25. Which condition is commonly linked with sleep apnea?

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

Correct Answer: A

Explanation: High blood pressure is strongly associated with untreated sleep apnea.

26. People with sleep apnea often wake up:

- A. Fully rested
- B. Gasping or choking
- C. With improved memory

D. Earlier than usual only

Correct Answer: B

Explanation: Airway obstruction can trigger sudden awakenings with gasping sensations.

27. What does polysomnography measure?

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

Correct Answer: B

Explanation: Polysomnography monitors breathing, brain activity, oxygen levels, and more during sleep.

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

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

Correct Answer: B

Explanation: AHI is used to determine sleep apnea severity.

29. Mild sleep apnea usually has an AHI of:

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

Correct Answer: B

Explanation: An AHI between 5 and 14 events per hour is classified as mild sleep apnea.

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

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

Correct Answer: D

Explanation: Severe sleep apnea involves 30 or more breathing interruptions per hour.

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

Correct Answer: A

Explanation: Sleep fragmentation can impair concentration and memory.

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

Correct Answer: B

Explanation: Excessive daytime sleepiness can impair driving ability and reaction time.

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

Correct Answer: B

Explanation: Sleep disruption can affect hormone regulation, including insulin and stress hormones.

34. Which test can sometimes be done at home?

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

Correct Answer: A

Explanation: Home sleep tests can monitor breathing and oxygen levels in selected patients.

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

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

Correct Answer: A

Explanation: Enlarged tonsils can physically obstruct airflow during sleep.

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

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

Correct Answer: C

Explanation: Enlarged tonsils and adenoids are common causes of pediatric sleep apnea.

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

Correct Answer: A

Explanation: Oral appliances are an alternative for some people with mild to moderate OSA.

38. Surgery for sleep apnea may aim to:

- A. Improve vision
- B. Remove or reduce airway obstruction
- C. Increase appetite
- D. Strengthen leg muscles

Correct Answer: B

Explanation: Surgical procedures may remove excess tissue or correct structural problems.

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

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

Correct Answer: B

Explanation: Frequent awakenings interrupt normal sleep cycles.

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

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

Correct Answer: A

Explanation: REM sleep plays a key role in memory, learning, and emotional regulation.

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

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

Correct Answer: A

Explanation: Sleep apnea is associated with irregular heart rhythms, including atrial fibrillation.

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

Correct Answer: D

Explanation: Sleep apnea usually impairs rather than improves cognitive function.

43. Morning headaches in sleep apnea may result from:

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

Correct Answer: A

Explanation: Low oxygen and disrupted sleep can trigger morning headaches.

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

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

Correct Answer: A

Explanation: Metabolic syndrome is commonly linked to obesity and sleep apnea.

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

Correct Answer: A

Explanation: Untreated apnea raises the risk of cardiovascular and metabolic diseases.

46. Which sleep apnea treatment uses pressurized air?

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

Correct Answer: A

Explanation: CPAP delivers continuous air pressure to prevent airway collapse.

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

Correct Answer: B

Explanation: Dirty equipment may harbor bacteria, mold, or allergens.

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

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

Correct Answer: A

Explanation: Sedatives relax airway muscles and may worsen obstruction.

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

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

Correct Answer: A

Explanation: Dentists trained in sleep medicine can fit oral appliances.

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

Correct Answer: A

Explanation: Cyanosis, or bluish discoloration, can indicate low oxygen levels.

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

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

Correct Answer: B

Explanation: Complex or mixed sleep apnea involves both airway obstruction and central breathing problems.

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

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

Correct Answer: A

Explanation: Nasal congestion can make breathing during sleep more difficult.

53. Which body structure can contribute to sleep apnea?

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

Correct Answer: A

Explanation: Certain facial and jaw structures can narrow the airway.

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

Correct Answer: B

Explanation: Treatments aim to maintain open airways and improve sleep quality.

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

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

Correct Answer: A

Explanation: Sleep apnea repeatedly stresses the cardiovascular system.

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

Correct Answer: A

Explanation: Poor sleep quality can negatively affect mood and emotional regulation.

57. Which sleep apnea treatment may involve electrical stimulation?

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

Correct Answer: A

Explanation: Some implanted devices stimulate airway muscles to keep the airway open.

58. Which factor may improve sleep apnea symptoms?

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

Correct Answer: A

Explanation: Side sleeping may reduce airway obstruction in some patients.

59. Which condition can sleep apnea worsen?

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

Correct Answer: A

Explanation: Sleep apnea can impair glucose metabolism and worsen diabetes control.

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

Correct Answer: A

Explanation: Bed partners often notice loud snoring and observed breathing pauses.

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

Correct Answer: A

Explanation: Central sleep apnea is more frequently associated with heart failure.

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

Correct Answer: B

Explanation: Oxygen monitoring helps identify breathing-related oxygen drops.

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

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

Correct Answer: A

Explanation: Fatigue and sleepiness can reduce workplace productivity.

64. Which medication type can worsen sleep apnea?

- A. Sedatives

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

Correct Answer: A

Explanation: Sedatives relax the airway muscles and may suppress breathing.

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

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

Correct Answer: B

Explanation: Apnea refers to a pause in breathing during sleep.

66. Which group may have underdiagnosed sleep apnea symptoms?

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

Correct Answer: A

Explanation: Women may present with less typical symptoms and are sometimes underdiagnosed.

67. Which symptom is common after repeated poor sleep?

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

Correct Answer: A

Explanation: Chronic sleep disruption often leads to ongoing tiredness.

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

Correct Answer: A

Explanation: Central sleep apnea involves abnormal control of breathing by the brain.

69. Which surgical procedure may remove excess throat tissue?

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

Correct Answer: A

Explanation: This surgery removes or reshapes tissue in the throat to widen the airway.

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

Correct Answer: A

Explanation: Chronic poor sleep is associated with mood disorders such as depression.

71. Which factor may improve CPAP comfort?

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

Correct Answer: A

Explanation: A properly fitted mask reduces discomfort and air leaks.

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

Correct Answer: A

Explanation: Regular follow-up helps ensure the treatment remains effective.

73. Which factor can increase airway collapse during sleep?

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

Correct Answer: A

Explanation: Relaxed muscles during sleep may allow airway tissues to collapse.

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

Correct Answer: A

Explanation: Effective treatment can restore better sleep and daytime functioning.

75. Which test measures airflow during sleep?

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

Correct Answer: A

Explanation: Sleep studies monitor airflow and breathing patterns.

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

Correct Answer: A

Explanation: Sleep apnea raises the risk of stroke due to cardiovascular strain.

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

Correct Answer: A

Explanation: Mouth breathing and snoring may cause waking with a dry mouth.

78. Which factor commonly contributes to pediatric sleep apnea?

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

Correct Answer: A

Explanation: Enlarged adenoids can obstruct airflow in children.

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

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

Correct Answer: A

Explanation: Adaptive servo-ventilation is a specialized breathing support therapy.

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

Correct Answer: A

Explanation: Repeated arousals interrupt restorative sleep cycles.

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

Correct Answer: A

Explanation: Sleep apnea primarily disrupts breathing and oxygen exchange.

82. Which symptom may occur during sleep apnea episodes?

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

Correct Answer: A

Explanation: Blocked airflow may cause choking or gasping during sleep.

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

Correct Answer: A

Explanation: Avoiding alcohol can reduce throat muscle relaxation.

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

Correct Answer: A

Explanation: Poor sleep can impair attention and learning in children.

85. Which device measures oxygen levels at home?

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

Correct Answer: A

Explanation: Pulse oximeters monitor blood oxygen saturation.

86. Which factor may increase snoring and apnea severity?

- A. Nasal congestion
- B. Side sleeping
- C. Weight loss
- D. Good sleep hygiene

Correct Answer: A

Explanation: Congestion narrows airflow passages and can worsen symptoms.

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

Correct Answer: A

Explanation: CPAP maintains positive pressure to prevent airway collapse.

88. Which symptom may indicate chronic sleep disruption?

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

Correct Answer: A

Explanation: Repeated sleep interruptions can impair mental performance.

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

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

Correct Answer: A

Explanation: Genetics and inherited anatomy may increase sleep apnea risk.

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

Correct Answer: A

Explanation: CPAP is considered the standard treatment for moderate to severe OSA.

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

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

Correct Answer: A

Explanation: Sleep disruption can worsen mental health conditions such as anxiety.

92. Which sign may suggest airway obstruction during sleep?

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

Correct Answer: A

Explanation: Observable pauses in breathing are a key sign of sleep apnea.

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

Correct Answer: A

Explanation: CPAP is most effective when used consistently every night.

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

Correct Answer: A

Explanation: Repeated oxygen drops and awakenings can activate stress responses.

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

Correct Answer: A

Explanation: Loud snoring is one of the most commonly observed symptoms.

96. Which risk factor is associated with narrowed airways?

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

Correct Answer: A

Explanation: Excess tissue around the airway can contribute to obstruction.

97. Which symptom may improve after effective treatment?

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

Correct Answer: D

Explanation: Effective treatment can reduce fatigue, snoring, and breathing interruptions.

98. Which sleep disorder involves interrupted breathing during sleep?

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

Correct Answer: A

Explanation: Sleep apnea specifically involves repeated breathing interruptions during sleep.

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

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

Correct Answer: A

Explanation: Following prescribed treatment consistently improves outcomes and reduces complications.

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

Correct Answer: A

Explanation: Early diagnosis and treatment can improve sleep, reduce health risks, and enhance overall well-being.