

Self-Assessment Pretest

The **CONTINUUM** Self-Assessment Pretest is designed to help neurologists meet the American Board of Psychiatry and Neurology (ABPN) self-assessment and lifelong learning component (part 2) for Maintenance of Certification (MOC). To obtain self-assessment CME credits, complete the Self-Assessment Pretest (25 questions) before reading this issue. Pretest results are intended to help you focus your learning by identifying your current knowledge gaps with regard to the topic. After submitting your pretest responses, study the entire issue using your pretest results as a guide to direct your learning. Then complete the 40 Multiple-Choice Questions at the end of the issue. Upon completion of both the **CONTINUUM** Self-Assessment Pretest and the Multiple-Choice Questions, you may earn up to 12 *AMA PRA Category 1 Credits*TM toward self-assessment.

AMA PRA Category 1 Credits for **CONTINUUM** may be obtained by completing **only** the 40 Multiple-Choice Questions, **but these credits will not qualify for self-assessment without completion of the Self-Assessment Pretest.**

- Which of the following medications has no known abuse potential and is therefore not listed on the Drug Enforcement Administration class schedule?
 - eszopiclone
 - ramelteon
 - temazepam
 - zaleplon
 - zolpidem
- For patients with which of the following is it appropriate to use portable sleep monitoring instead of standard, attended, in-laboratory polysomnography?
 - congestive heart failure
 - Duchenne muscular dystrophy
 - high pretest probability of severe obstructive sleep apnea
 - insomnia
 - severe asthma
- The ascending arousal system is thought to begin in which of the following anatomic areas?
 - basal forebrain
 - hypothalamus
 - rostral pons
 - superior colliculi
 - thalamic relay nuclei
- Which of the following results is most likely to be abnormal in patients with idiopathic hypersomnia?
 - apnea-hypopnea index on overnight polysomnogram
 - mean sleep latency on multiple sleep latency test
 - sleep architecture on overnight polysomnogram
 - spinal fluid hypocretin
 - total sleep time on overnight polysomnogram
- Which of the following brain structures is most involved in normal circadian rhythm function?
 - centromedian nucleus of thalamus
 - nucleus basalis of Meynert
 - red nucleus
 - superior colliculus
 - suprachiasmatic nucleus of hypothalamus
- A 64-year-old man has a 15-year history of episodes in which he dives out of bed in the early morning hours, sometimes bruising himself. He is alert immediately after the episodes and often remembers that he had been dreaming about being chased and diving to escape. The episodes usually occur 1 or 2 hours before he planned to get up for the day. Which of the following physical examination findings is most likely?
 - bilateral cataracts
 - bradykinesia
 - percussion myotonia
 - prominent temporal arteries
 - tongue fasciculations
- Bilevel positive airway pressure may be most effective in treating sleep apnea in which of the following settings?
 - claustrophobia
 - coexistent oxygen requirement
 - high pressure requirement
 - neck circumference greater than 45.72 cm (18 in)
 - symptoms present in supine and lateral decubitus positions
- Which of the following categories of medications is considered to be a possible cause of secondary restless legs syndrome?
 - antidepressants
 - beta-adrenergic antagonists
 - estrogen-containing oral contraceptives
 - nonsteroidal anti-inflammatory drugs
 - opioids
- In patients with sleep-disordered breathing, continuous positive airway pressure has most convincingly been shown to reduce which of the following?
 - blood glucose
 - blood pressure
 - body mass index
 - risk of heart attack
 - risk of stroke

10. A 63-year-old man is seen for a possible sleep disorder. Over the past several years, he has injured himself on multiple occasions while climbing out of bed during the night. During an overnight polysomnogram, he shouts and occasionally flails his arms as if he is in an altercation. This patient is at increased risk of developing which of the following neurologic conditions?
 - A. ALS
 - B. Alzheimer disease
 - C. cerebral amyloid angiopathy
 - D. dementia with Lewy bodies
 - E. subacute combined degeneration
11. The Epworth Sleepiness Scale is most reliable when used to do which of the following?
 - A. establish the diagnosis of obstructive sleep apnea
 - B. follow a patient's self-assessment of sleepiness over time
 - C. identify the presence of major depression
 - D. measure the severity of narcolepsy
 - E. rule out the diagnosis of obstructive sleep apnea
12. Which of the following would be considered a maladaptive behavior in patients with chronic insomnia?
 - A. consuming one alcoholic beverage before sleep each night
 - B. eliminating caffeine intake after noon
 - C. intermittently using over-the-counter sleep aids (eg, analgesics with PM formulation)
 - D. limiting time spent in bed while awake
 - E. turning off televisions and other screens while attempting to fall asleep
13. Which of the following medications is most likely to be effective for both the excessive daytime somnolence and the cataplexy experienced by patients who have narcolepsy?
 - A. armodafinil
 - B. methamphetamine
 - C. methylphenidate
 - D. modafinil
 - E. sodium oxybate
14. A 41-year-old man is seen in clinic for the evaluation of excessive daytime sleepiness and morning headaches. Obstructive sleep apnea (OSA) is suspected. Which of the following physical examination findings is commonly seen in patients with OSA?
 - A. congenital absence of the uvula
 - B. microglossia
 - C. neck circumference less than 43.2 cm (17 in)
 - D. prior tonsillectomy/adenoidectomy
 - E. retrognathia
15. Which of the following best characterizes the effects of sleep stages on the expression of interictal epileptic discharges?
 - A. inhibited in both non-REM (NREM) and REM sleep
 - B. inhibited in NREM sleep and promoted in REM sleep
 - C. inhibited in REM sleep and promoted in NREM sleep
 - D. promoted in both NREM and REM sleep
 - E. unaffected by sleep stage
16. Which of the following best characterizes the results for most children who undergo adenotonsillectomy for obstructive sleep apnea?
 - A. improved academic performance, improved sleep quality, normalized sleep respiratory parameters
 - B. improved academic performance, improved sleep quality, residual sleep respiratory parameter abnormalities
 - C. improved academic performance, unchanged sleep quality, residual sleep respiratory parameter abnormalities
 - D. unchanged academic performance, improved sleep quality, normalized sleep respiratory parameters
 - E. unchanged academic performance, unchanged sleep quality, residual sleep respiratory parameters
17. A 34-year-old executive is taking a transatlantic flight in several weeks. He is concerned about symptoms of jet lag upon arrival and asks about strategies to minimize these effects. Which of the following regimens of melatonin has been shown to minimize the effects of jet lag due to eastbound travel?
 - A. 0.5 mg nightly for several weeks before flying
 - B. 1.0 mg upon awakening for several weeks before flying
 - C. 2.0 mg in the early evening for several days before flying
 - D. 5.0 mg nightly starting on day of flight
 - E. use as needed once arriving at destination
18. Which of the following conditions is most closely associated with daytime sleepiness?
 - A. blepharospasm
 - B. cervical dystonia
 - C. essential tremor
 - D. oromandibular dystonia
 - E. writer's cramp
19. Compared with modafinil, armodafinil has which of the following properties?
 - A. greater efficacy for treatment of cataplexy
 - B. greater efficacy for treatment of excessive daytime sleepiness
 - C. greater efficacy for treatment of hypnagogic and hypnopompic hallucinations
 - D. longer half-life
 - E. lower cost
20. A 41-year-old woman has had progressively worsening symptoms of restless legs syndrome during the day over the past year despite intermittent increases in her pramipexole dose. She currently takes 0.50 mg in the early afternoon and 0.75 mg before bedtime. Which of the following is the best next step in management?
 - A. additional pramipexole in the morning
 - B. carbidopa/levodopa
 - C. gabapentin
 - D. iron dextran infusion
 - E. methadone
21. Which of the following conditions is associated with an increased risk of childhood obstructive sleep apnea?
 - A. absence epilepsy
 - B. cyclic vomiting
 - C. Down syndrome
 - D. post-varicella ataxia
 - E. spina bifida

22. When resident physicians obtain inadequate amounts of sleep (eg, less than 5 hours per night), which of the following takes place?
- A. decreased fragmentation of sleep
 - B. decreased urge to nap
 - C. improved efficiency of sleep
 - D. increased homeostatic drive to sleep
 - E. no change in normal circadian rhythms
23. Which of the following is true of the maintenance of wakefulness test but not of the multiple sleep latency test?
- A. patients are instructed to try to stay awake
 - B. standard testing protocol extends over more than 6 hours
 - C. test is conducted during the patient's typical waking hours
 - D. test is only reliable in patients with sufficient amount of sleep the night before
 - E. test results are typically abnormal in patients with narcolepsy
24. The development of K complexes on an EEG is characteristic of which stage of sleep?
- A. stage REM
 - B. stage N1
 - C. stage N2
 - D. stage N3
 - E. wake
25. Which of the following medications is most effective for REM sleep behavior disorder?
- A. clonazepam
 - B. modafinil
 - C. nortriptyline
 - D. sodium oxybate
 - E. venlafaxine