1. In Stage 1 nREM sleep:
   a. The muscles relax and body temperature drops.
   b. The muscles do not relax and body temperature drops.
   c. The muscles relax and electrical activity in the brain increases.
   d. The muscles relax and Delta waves start occurring.

2. The most common cause of excessive daytime sleepiness is:
   a. Restless leg syndrome.
   b. Obstructive sleep apnea.
   c. Insufficient sleep.
   d. Central sleep apnea.
   e. Substance abuse.

3. Normal adults are in the stage of Rapid Eye Movement (REM) what percentage?
   a. 2-5%
   b. 10-15%
   c. 20-25%
   d. 30-50%
   e. 15-50%

4. The cranial nerves that innervate the muscles of the soft palate are:
   a. Facial VI, trochlear cranial nerve IV.
   b. Trigeminal cranial nerve V.
   c. Glossopharyngeal cranial nerve IX, vagus cranial nerve X.
   d. Glossopharyngeal cranial nerve IX, Hypoglossal cranial nerve XII.
   e. Hypoglossal cranial nerve XII, trigeminal cranial nerve V.

5. Normal maximum range of motion for protrusion is:
   a. 5-10 mm
   b. 8-12 mm
   c. 10-14 mm
   d. 12-16 mm
   e. 14-18 mm
6. Which of the following signs are considered helpful clinical diagnostic criterion according to the American Academy of Sleep Medicine when trying to diagnose sleep bruxism?
   a. Abnormal wear of the teeth.
   b. Hypertrophy of the masseter muscles on voluntary forced clenching.
   c. Pain of the jaw muscles on awakening.
   d. Locking of the jaws on awakening.
   e. All of the above.
7. Which of the following are not typically considered to be side effects of oral appliance therapy?
   a. Excessive salivation
   b. Temporary TMJ discomfort
   c. Supereruption
   d. Snoring
   e. Teeth movement