



American Board of Craniofacial Dental Sleep Medicine

CRANIOFACIAL DENTAL SLEEP MEDICINE CREDENTIALING:

SAMPLE WRITTEN EXAMINATION QUESTIONS

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

Answer Key:

1-a, 2-c, 3-c, 4-c, 5-b, 6-e, 7-d