

Continuing Education

Insomnia: Overview and Treatment

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QUIZ – INSOMNIA | ACPE#: 0178-0000-16-107-H04-P

- Ramelteon (Rozerem®) displays agonist activity through which type of receptor?
 - GABA
 - 5-HT
 - DA
 - MT
 - Which of the following benzodiazepines is NOT metabolized by CYP3A4 and indicated as a hypnotic for insomnia?
 - Clonazepam
 - Flurazepam
 - Temazepam
 - Lorazepam
 - Which of the following is considered a risk factor(s) for insomnia?
 - Female gender
 - Excessive caffeine use
 - Smoking cigarettes
 - All of the above
 - During which stage of NREM sleep does a person have the highest percentage of sleep time?
 - Stage 1
 - Stage 2
 - Stage 3
 - Stage 4
 - What is the role of ramelteon (Rozerem®) in treatment of insomnia?
 - Increase sleep latency
 - Decrease total sleep time
 - Increase total sleep time
 - Decrease stage 2 sleep
 - Which sedating antidepressant is FDA-approved for the treatment of insomnia?
 - Trazodone (Olepra®)
 - Amitriptyline (Elavil®)
 - Doxepin (Silenor®)
 - Mirtazepine (Remeron®)
 - A serious side effect unique to suvorexant (Belsomra®) is?
 - Night Terrors
 - Sleep paralysis
 - Sleep walking
 - Unusual dreams
 - What dose of trazodone is used to treat insomnia, but is ineffective for depression?
 - 50 mg
 - 150 mg
 - 200 mg
 - 250 mg
 - Where in the body is melatonin produced?
 - Hypothalamus
 - Brain stem
 - Pineal gland
 - Adrenal gland
 - Which of the following best describes how suvorexant (Belsomra®) works?
 - Inhibits serotonin reuptake
 - Antagonist at orexin receptors
 - Agonist at GABA receptors
 - Enhances membrane hyperpolarization
 - A patient complains of often waking in the middle of the night but is typically able to return to sleep afterwards. What term best describes their form of insomnia?
 - Sleep-onset insomnia
 - Sleep-maintenance insomnia
 - Late insomnia
 - Sunrise insomnia
 - A patient first experienced insomnia four months ago complaining of inability to fall asleep that eventually resolved about 6 weeks later. Today the patient returns complaining of similar issues. What term best describes their form of insomnia?
 - Sleep-onset episodic insomnia
 - Sleep-maintenance episodic insomnia
 - Sleep-maintenance episodic insomnia
 - Sleep-onset recurrent insomnia
 - BO is a 55 y/o patient who has come under hard times for over 3 months now. He is now having to work 3 jobs totaling 20 hours a day to make ends meet. He often lies awake at night worrying over his finances and the future. He has come to you complaining of his inability to sleep and would like help. What term best describes their form of insomnia?
 - Sleep-onset chronic insomnia
 - Sleep-onset recurrent insomnia
 - Late recurrent insomnia
 - The patient does not have insomnia
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14. WL is a 45 y/o male patient who was recently diagnosed with insomnia. His main complaint is that he is unable to return to sleep at night if he wakes up. Which of the following is an appropriate medication and dose?

- A. Zolpidem immediate-release 10 mg
- B. Zolpidem immediate release 5 mg
- C. Zolpidem sublingual 1.75 mg
- D. Zolpidem sublingual 3.5 mg

15. A male patient with sleep-maintenance insomnia has been on zolpidem controlled-release 12.5 mg for the past month but has not had relief of his insomnia. Which of the following is the most appropriate treatment option?

- A. Keep him on the same medication and dose
 - B. Change him to eszopiclone to 1 mg
 - C. Increase his dose to zolpidem controlled-release 25 mg
 - D. Change him to zaleplon 10 mg
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CE Assessment Answers Please circle your answers (one answer per question)				
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D
14.	A	B	C	D
15.	A	B	C	D

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Please rate the following items on a scale from 1 (poor) to 4 (excellent).

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|-----------------------------------|---|---|---|---|
| 1. Overall quality of the article | 1 | 2 | 3 | 4 |
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Please answer each question, marking whether you agree or disagree.

4. This course met the learning objectives. Agree Disagree
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6. Reinforced my current practice/treatment habits Will improve my practice/patient outcomes
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(Not committed) 1 2 3 4 (Very committed).
9. Do you feel future activities on this subject matter are necessary and/or important? Yes No

Follow-Up

As part of our ongoing quality-improvement effort, we would like to be able to contact you in the event we conduct a follow-up survey to assess the impact of our educational interventions on professional practice. Are you willing to participate in such a survey?

Yes No



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