Ethics of sleep, clinical practice and the law

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1. Shorter sleep duration of eight or fewer hours per night is associated with negative health outcomes.

☐ **A** True ☐ **B** False

2. Which of the listed health outcomes are associated with shorter sleep duration of <6 hours?

☐ **A** Obesity, glucose intolerance, diabetes
☐ **B** Hypertension, cardiovascular disease, ischaemic heart disease
☐ **C** Depression
☐ **D** All of the above
☐ **E** A and C

3. A South African study of persons 50 years and older demonstrated shorter sleep duration in what percentage of this population?

☐ **A** 6.3% ☐ **B** 11.4% ☐ **C** 22.7%

4. Sociodemographic factors associated with shorter sleep duration include:

☐ **A** Older age
☐ **B** Female sex
☐ **C** Male sex
☐ **D** Greater wealth status
☐ **E** All of the above
☐ **F** A, B and D only

5. Which of the listed lifestyle factors are associated with shorter sleep duration?

☐ **A** Inadequate fruit intake
☐ **B** Current tobacco use
☐ **C** Physical inactivity
☐ **D** All of the above
☐ **E** A and C only

6. Which question most accurately defines the concept of metaethics?

☐ **A** How should we behave?
☐ **B** When ethical principles conflict, how do we decide which takes precedence?
☐ **C** What conduct is proper for certain groups of people or under certain circumstances?

7. Which statement best describes *dolus directus*, in the context of intention at the time of an offence?

☐ **A** What a person may have as his/her higher purpose
☐ **B** What is foreseen as inevitable
☐ **C** What is foreseen as a real possibility

8. Everyday ethical questions that may arise in the practice of sleep medicine include:

☐ **A** Decision-making on the most appropriate diagnostic pathway
☐ **B** Informing and educating patients about each of the treatment options available
☐ **C** Considerations around alternative strategies to prescription sleep aids
☐ **D** All of the above
☐ **E** A and C only

9. Inadequate rest, sleep pattern disturbances and more frequent overtime shifts are associated with healthcare worker burnout.

☐ **A** True ☐ **B** False

10. What is the prevalence of OSA in adults?

☐ **A** 1% ☐ **B** 3% ☐ **C** 5%

11. Which statement is false?

☐ **A** Of fatal crash injuries, estimates are that 11% are attributable to drowsy driving
☐ **B** OSA is a significant independent causative factor of road traffic accidents
☐ **C** Sleepiness is not the exclusive contributor to impaired cognitive or executive functions

12. For the RBD patient, the risk of developing an α-synucleinopathy is:

☐ **A** 35% ☐ **B** 48% ☐ **C** 65%

13. Prevalence of SRV is unknown and may be underestimated.

☐ **A** True ☐ **B** False

14. Nocturnal violence arising from frontal or temporal seizures usually occurs during the:

☐ **A** Prodromic phase
☐ **B** Seizure itself
☐ **C** Postictal period
☐ **D** All of the above
☐ **E** B and C only

15. Which benzodiazepine is best studied for parasomnia-associated complex behaviours?

☐ **A** Zolpidem ☐ **B** Diazepam ☐ **C** Alprazolam

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