

Qualtrics Quiz Questions: Sleep and Stroke

1. What is the most common sleep disorder after a stroke?
 - A. Restless Leg Syndrome
 - B. Insomnia
 - C. Sleep Wake Cycle Disorder
 - D. Sleep Disordered Breathing**

Explanation: Sleep disordered breathing or sleep apnea occurs in 43-70% of stroke survivors and is most common immediately following a stroke.

2. Which of the following is NOT a sleep hygiene technique?
 - A. Going to sleep at the same time every night
 - B. Watching TV in bed**
 - C. Exercising regularly and maintaining a healthy diet
 - D. Reducing fluid intake before bedtime to limit the number of trips up to the bathroom

Explanation: To increase the chances of quality, restful sleep, use your bed only for sleep and sex.

3. **True** or False: untreated sleep disorders increase your risk for a second stroke.

Explanation: Sleep disorders that go untreated increase your chances of having multiple strokes and make stroke rehabilitation more difficult.