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during NREM stages 3 and 4 sleep. d. All of these statements are true. ANS: C PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Fact EEGs have shown that sleepwalking occurs during a. NREM stage 1 or stage 2. b. NREM stage 3 or stage 4. c. sleep spindles. d. REM sleep. ANS: B PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Fact MSC: * (New Question) Regarding sleepwalking, which of the following statements is TRUE? a. Sleepwalking occurs only during light (Stage 1) sleep. b. Sleepwalking is the outward expression of dream content. c. Sleepwalking generally makes little sense. d. Sleepwalking occurs most often during REM sleep. ANS: C PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Fact The reason that sleepwalking makes little sense and why sleepwalkers are confused and remember little when awakened is that both sleep disturbances occur during a. deep NREM sleep. b. cataplexic episodes. c. REM sleep. d. hypnopompic episodes. ANS: A PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Concept The official name for sleep sex is a. sexsomnia. b. cataplexic sex. c. somnambulism. d. hypnopompic sensuality. ANS: A PTS: 1 DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Fact Which of the following involves someone who is actually sleeping attempting to have sex with another person? a. sexsomnia b. somnambulism c. hypnopompic sexuality d. cataplexic sex ANS: A PTS: 1 DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Fact What do somnambulism, sleepwalking, and night terrors all have in common? a. All occur in Stage 1 (light sleep). b. All are closely related to dreaming. c. Each is a cause of microsleep. d. All occur during NREM sleep. ANS: D PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 / 5.4.4 KEY: Concept Lynn sleepwalks, while her younger brother has night terrors. Both of these sleep disturbances occur during a. Stage 1 NREM. b. REM sleep. c. Stage 4 NREM. d. REM rebound. ANS: C PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 / 5.4.4 KEY: Application MSC: * (New Question) Which of the following occurs during REM sleep? a. nightmares b. night terrors c. sleepwalking d. all of these ANS: A PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.4 KEY: Fact Differences between nightmares and night terrors include a. that nightmares occur during REM sleep; night terrors occur during NREM sleep. b. that nightmares are difficult to remember; night terrors are easy to remember. c. that nightmares involve hallucinations; night terrors are just bad dreams. d. all of these. ANS: A PTS: 1 DIF: Difficult REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.4 KEY: Concept A person having a nightmare will a. perspire heavily during the nightmare and upon awakening. b. be incoherent and inconsolable upon awakening. c. show slight or no movement while having the nightmare. d. have amnesia for the episode. ANS: C PTS: 1 DIF: Difficult REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.4 KEY: Concept Frequently occurring nightmares of one a week or more are associated with a. the occurrence of night terrors. b. children and adolescents. c. adults who are middle-aged or older. d. higher levels of psychological distress. ANS: D PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.4 KEY: Fact Jeanie has had the same very vivid bad dream twice in the last couple of weeks. In the dream, she is being chased through a dense forest. In this dream, she tries to run fast but she feels like she is "running through molasses;" and when she tries to scream within this dream, she cannot seem to open her mouth. Jeanie then wakes up with a start and has a great deal of trouble going back to sleep. Jeanie is most likely experiencing a. a nightmare. b. a night terror. c. somnambulism. d. hypersomnia. ANS: A PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.4 KEY: Application

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