

NBRC SLEEP DISORDERS SPECIALTY (SDS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What condition is NOT one of the three that can worsen COPD?**
 - A. Cor pulmonale
 - B. Polycythemia
 - C. Asthma
 - D. Pulmonary HTN
- 2. Which of the following combinations best describes rhythmic movement disorder?**
 - A. Minimum frequency of 0.1Hz and Max frequency of 1.5Hz
 - B. Minimum frequency of 0.3Hz and Max frequency of 2.0Hz
 - C. Minimum number of 3 rhythmic movements
 - D. Maximum frequency of 2.5Hz and Minimum number of 5 rhythmic movements
- 3. What is the minimum immersion time required for an air-flow thermocouple in a 1:50 bleach solution to ensure high-level disinfection?**
 - A. 10 minutes
 - B. 20 minutes
 - C. 40 minutes
 - D. 60 minutes
- 4. Which of the following medications is noted for treating REM Sleep Behavior Disorder (RBD)?**
 - A. Sertraline
 - B. Clonazepam
 - C. Venlafaxine
 - D. Fluoxetine
- 5. What ECG finding indicates ischemia?**
 - A. Elevated ST segment
 - B. Depressed or inverted T wave
 - C. Wide QRS complex
 - D. Normal sinus rhythm

- 6. The formula $V = S \times PD$ relates to what parameters?**
- A. Voltage, Sensitivity, and Pen Deflection
 - B. Volts, Current, and Power
 - C. Power, Resistance, and Voltage
 - D. Current, Pulse, and Duty cycle
- 7. What is the maximum CPAP pressure recommended for patients under 12 years old?**
- A. 10cmH₂O
 - B. 12cmH₂O
 - C. 15cmH₂O
 - D. 17cmH₂O
- 8. What is another name for sleepwalking?**
- A. Somnambulism
 - B. Insomnia
 - C. Parasomnia
 - D. Sleep inertia
- 9. What does a Couplet on an ECG refer to?**
- A. Three PVCs in succession
 - B. Two PVCs in a row
 - C. Single PVCs with normal beats
 - D. Four PVCs without interruption
- 10. What does CMRR stand for and what is its purpose?**
- A. Common Mode Rejection Ratio; to enhance signal clarity
 - B. Common Mode Rejection Ratio; to filter unwanted electrical signals
 - C. Complete Mode Rejection Response; for noise amplification
 - D. Comprehensive Mode Rejection Ratio; to improve visual metrics

Answers

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1. C
2. B
3. A
4. B
5. B
6. A
7. C
8. A
9. B
10. B

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Explanations

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1. What condition is NOT one of the three that can worsen COPD?

- A. Cor pulmonale
- B. Polycythemia
- C. Asthma**
- D. Pulmonary HTN

The condition that does not worsen Chronic Obstructive Pulmonary Disease (COPD) is asthma. While asthma and COPD share some similarities, such as symptoms of wheezing and shortness of breath, they are distinct entities. Asthma is primarily an inflammatory disorder of the airways, characterized by reversible airflow obstruction, while COPD is generally progressive and marked by persistent airflow limitation due to the long-term exposure to harmful particles or gases, most commonly from smoking. Asthma itself is typically not associated with the structural changes or the ongoing decline in lung function that are characteristic of COPD. In fact, while individuals with both conditions can experience overlapping symptoms, having asthma does not inherently exacerbate the underlying disease processes of COPD in the same way that cor pulmonale, polycythemia, and pulmonary hypertension can. Cor pulmonale refers to right heart failure due to chronic lung disease and may develop as a complication of COPD. Polycythemia can occur in response to chronic hypoxia often seen in COPD, leading to increased red blood cell production and further complicating the disease. Pulmonary hypertension can develop as COPD progresses due to air trapping and low oxygen levels, contributing to worsening respiratory function. Each of these conditions plays a role in the progression or deterioration of

2. Which of the following combinations best describes rhythmic movement disorder?

- A. Minimum frequency of 0.1Hz and Max frequency of 1.5Hz
- B. Minimum frequency of 0.3Hz and Max frequency of 2.0Hz**
- C. Minimum number of 3 rhythmic movements
- D. Maximum frequency of 2.5Hz and Minimum number of 5 rhythmic movements

Rhythmic movement disorder is characterized by repetitive, rhythmic movements usually occurring during sleep or falling asleep, often involving large muscle groups. The frequency range mentioned in this context is essential for understanding and identifying the disorder. The combination that accurately describes rhythmic movement disorder within typical clinical definitions is one that encompasses a frequency range pertinent to these movements. The range of a minimum frequency of 0.3 Hz and a maximum frequency of 2.0 Hz captures the typical behavior seen in rhythmic movement disorders, as these movements often fall within this frequency range, allowing for proper identification and categorization. This frequency range aligns with clinical observations of such disorders, where movements can be rhythmic and repetitive but do not extend beyond the specified limits. Thus, this option provides the best match to the recognized characteristics of rhythmic movement disorder.

3. What is the minimum immersion time required for an air-flow thermocouple in a 1:50 bleach solution to ensure high-level disinfection?

- A. 10 minutes**
- B. 20 minutes
- C. 40 minutes
- D. 60 minutes

The minimum immersion time required for high-level disinfection of an air-flow thermocouple in a 1:50 bleach solution is indeed 10 minutes. High-level disinfection typically involves exposure to an effective disinfectant for a specified duration to eliminate pathogens. In the case of a 1:50 bleach solution, this dilution provides sufficient efficacy against a wide range of microorganisms, including bacteria, viruses, and fungi, when the immersion time is properly adhered to. A 10-minute immersion is generally aligned with guidelines provided by infection control standards, which indicate that most surfaces or instruments submerged in an appropriate concentration of bleach can achieve disinfection within this timeframe. It is crucial to ensure that the entire surface of the thermocouple is thoroughly exposed to the solution for the disinfection to be effective. Longer immersion times, such as 20 minutes, 40 minutes, or 60 minutes, may provide no additional clinical benefit for high-level disinfection in this context, and they could be impractical or unnecessary for routine disinfection procedures. Thus, the best practice involves adhering to established guidelines that recommend a minimum immersion time of 10 minutes for effective disinfection in this scenario.

4. Which of the following medications is noted for treating REM Sleep Behavior Disorder (RBD)?

- A. Sertraline
- B. Clonazepam**
- C. Venlafaxine
- D. Fluoxetine

Clonazepam is often used to treat REM Sleep Behavior Disorder (RBD) due to its properties as a benzodiazepine. This class of medications is effective in managing the symptoms of RBD, which includes acting out dreams and potentially harmful behaviors during REM sleep. Clonazepam works by enhancing the effect of the neurotransmitter gamma-aminobutyric acid (GABA) at the GABA-A receptor, leading to increased inhibition in the central nervous system. This inhibitory effect helps to suppress the abnormal motor activity associated with RBD during sleep. Other medications listed, such as sertraline, venlafaxine, and fluoxetine, are primarily antidepressants and are not typically first-line treatments for RBD. While they may have some efficacy in treating other sleep disorders or associated mood states, their mechanism of action is not directly aligned with addressing the core symptoms of REM Sleep Behavior Disorder as effectively as clonazepam.

5. What ECG finding indicates ischemia?

- A. Elevated ST segment
- B. Depressed or inverted T wave**
- C. Wide QRS complex
- D. Normal sinus rhythm

The presence of a depressed or inverted T wave on an ECG is a key indicator of myocardial ischemia. Ischemia occurs when there is a reduced blood flow to the heart muscle, often due to coronary artery disease. This reduction in blood flow can affect the electrical activity of the heart, particularly during the repolarization phase of the cardiac cycle, which is reflected in the T wave. In a healthy heart, the T wave is typically upright, indicating proper repolarization of the ventricles. However, when ischemia is present, changes in the T wave can be observed. A depressed T wave suggests that there is impaired repolarization of the ventricles. This can be a subtle sign of ischemic changes, indicating that the heart muscle is not receiving adequate oxygen and is under stress. Inverted T waves can also signify ischemia; they are often seen in leads facing the area of ischemic injury, providing further evidence of myocardial distress. Thus, the T wave changes are closely monitored in clinical practice to assess for complications arising from myocardial ischemia. In contrast, other options such as elevated ST segments are typically more indicative of acute myocardial infarction rather than ischemia alone. A wide QRS complex can arise from various conditions but does

6. The formula $V = S \times PD$ relates to what parameters?

- A. Voltage, Sensitivity, and Pen Deflection**
- B. Volts, Current, and Power
- C. Power, Resistance, and Voltage
- D. Current, Pulse, and Duty cycle

The formula $V = S \times PD$ relates to the parameters of Voltage (V), Sensitivity (S), and Pen Deflection (PD). This formula is typically used in the context of biofeedback and physiologic monitoring, particularly in sleep studies, where the sensitivity of the measuring instrument plays a crucial role in how accurately the electrical signals from the body are represented. In this context, Voltage is the output measured by the device, while Sensitivity indicates the responsiveness of the recording device to the physiological signals. Pen Deflection refers to the movement of the recording pen on graph paper or screen, which visually represents the changes in Voltage over time. This relationship allows practitioners to adjust the sensitivity settings based on the patients' needs, ensuring that the readings accurately reflect the conditions being studied. The other options do not accurately reflect the parameters linked to the provided formula, focusing instead on different aspects of electrical concepts that are not directly related to the sensitivity of physiological measurements.

7. What is the maximum CPAP pressure recommended for patients under 12 years old?

- A. 10cmH₂O
- B. 12cmH₂O
- C. 15cmH₂O**
- D. 17cmH₂O

The maximum CPAP pressure recommended for patients under 12 years old is 15cmH₂O. This limit is established based on considerations for pediatric patients, accounting for physiological differences and varying susceptibility to side effects compared to adults. High pressures can lead to discomfort, nasal injury, or other complications in smaller children. The recommended upper limit helps ensure efficacy in treating sleep apnea while minimizing risks associated with excessive airway pressure. As patients in this age group may have smaller airways and different physiological responses, it's essential to adhere to these guidelines to optimize treatment outcomes and ensure safety.

8. What is another name for sleepwalking?

A. Somnambulism

B. Insomnia

C. Parasomnia

D. Sleep inertia

Sleepwalking is medically referred to as somnambulism. This term specifically describes the condition wherein individuals perform complex behaviors while still in a state of partial arousal from deep sleep, often without any recollection of the event upon waking. Somnambulism typically occurs during non-rapid eye movement (NREM) sleep, usually in the first third of the night, when individuals may get up and walk around, perform routine activities, or even engage in conversations while still asleep. Insomnia, on the other hand, refers to difficulty in falling asleep or staying asleep and does not involve any sleepwalking behavior. Parasomnia encompasses a variety of abnormal behaviors or experiences during sleep, including sleepwalking, but it is a broader category that includes other phenomena such as night terrors and sleep talking. Sleep inertia entails the grogginess and disorientation often felt upon waking from sleep but is unrelated to sleepwalking itself. Thus, the designation of sleepwalking as somnambulism is accurate and reflects its unique clinical characteristics and manifestations.

9. What does a Couplet on an ECG refer to?

A. Three PVCs in succession

B. Two PVCs in a row

C. Single PVCs with normal beats

D. Four PVCs without interruption

A couplet on an ECG refers to two premature ventricular contractions (PVCs) that occur in succession. This term comes from the definition of a couplet, which in a broader context denotes a pair of items that are grouped together. In the context of heart rhythm, when two PVCs happen back-to-back, they represent an abnormality in the heart's electrical conduction system, often seen in various cardiac conditions. Understanding PVCs is crucial since they can indicate underlying heart disease, electrolyte imbalances, or increased sympathetic activity. Recognizing a couplet can help healthcare professionals assess the patient's cardiac stability and determine if further evaluation or intervention is needed.

10. What does CMRR stand for and what is its purpose?

A. Common Mode Rejection Ratio; to enhance signal clarity

B. Common Mode Rejection Ratio; to filter unwanted electrical signals

C. Complete Mode Rejection Response; for noise amplification

D. Comprehensive Mode Rejection Ratio; to improve visual metrics

CMRR stands for Common Mode Rejection Ratio. Its purpose is to filter out unwanted electrical signals, particularly in the context of differential signaling systems. The CMRR measures the ability of a system, such as an amplifier, to reject common-mode signals that are present simultaneously and equally on both input lines while allowing the differential signal of interest to pass through. This characteristic is crucial for enhancing the clarity of the desired signal by minimizing the impact of noise and interference from other sources, which can significantly distort the signal quality. By focusing on this aspect, CMRR is vital in applications where precision and accuracy of the signal are critical, such as in medical devices monitoring physiological signals, audio processing, or any electronic system requiring high fidelity in signal transmission.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://nbcrcsds.examzify.com>

We wish you the very best on your exam journey. You've got this!

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