

NEW CED – SLEEP AND DRUGS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. Which brain structure houses the master circadian clock?**
 - A. Pineal gland
 - B. Suprachiasmatic nucleus
 - C. Hippocampus
 - D. Amygdala
- 2. Disruption of circadian rhythms due to crossing time zones is known as which condition?**
 - A. Narcolepsy
 - B. NREM sleep
 - C. Jet lag
 - D. Hypnagogic sensations
- 3. What are important alcohol-sleep interactions clinicians should discuss?**
 - A. Alcohol may aid sleep onset but disrupts sleep architecture, increases awakenings, worsens sleep apnea, and interacts with hypnotics to raise CNS depression risk.
 - B. Alcohol always improves overall sleep quality.
 - C. Alcohol reduces CNS depressant effects.
 - D. Alcohol has no effect on sleep when combined with hypnotics.
- 4. Which term describes a drug that depresses neural activity and reduces pain and anxiety?**
 - A. Stimulants
 - B. Consciousness
 - C. Psychoactive Drugs
 - D. Opioids
- 5. Which term refers to a class of substances that elevates mood and energy and can lead to dependence?**
 - A. Stimulants
 - B. Marijuana
 - C. Psychoactive Drugs
 - D. Opioids

- 6. The largest, slowest waves seen on EEG are characteristic of which sleep depth?**
- A. Delta waves
 - B. Theta waves
 - C. Sleep spindles
 - D. Hypnic jerk
- 7. What is sleep restriction therapy and when is it used?**
- A. A CBT-I technique that confines time in bed to increase sleep efficiency; used for chronic insomnia.
 - B. A method to increase time in bed to treat hypersomnia.
 - C. A technique to restrict naps; used for circadian rhythm disorders.
 - D. A pharmacologic approach to extend sleep duration.
- 8. Which disorder involves acting out dreams due to loss of normal muscle atonia during sleep?**
- A. Somnambulism
 - B. Sleep apnea
 - C. REM sleep behavior disorder
 - D. Opioids
- 9. What does actigraphy measure?**
- A. Heart rate
 - B. Blood oxygen
 - C. Sleep-wake patterns from wrist movement
 - D. Brain waves
- 10. Which term describes cognitive tasks that require focused attention and high levels of awareness?**
- A. Automatic processes
 - B. Divided attention
 - C. Subliminal processing
 - D. Effortful processes

Answers

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

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Explanations

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1. Which brain structure houses the master circadian clock?

- A. Pineal gland
- B. Suprachiasmatic nucleus**
- C. Hippocampus
- D. Amygdala

The master circadian clock is housed in the suprachiasmatic nucleus of the hypothalamus. This small cluster of neurons generates the body's internal 24-hour rhythms and sets the timing by aligning them to the day-night cycle. It receives direct light information from the retina through the retinohypothalamic pathway, using this input to synchronize the clock with external environmental cues. Once the SCN sets the pace, it communicates with other brain regions and with the pineal gland to adjust hormonal signals, particularly melatonin, which promotes sleepiness at night. The pineal gland isn't the clock itself; it acts downstream to regulate sleepiness in response to the SCN's timing. The hippocampus and amygdala handle memory and emotion, not circadian timing.

2. Disruption of circadian rhythms due to crossing time zones is known as which condition?

- A. Narcolepsy
- B. NREM sleep
- C. Jet lag**
- D. Hypnagogic sensations

Jet lag happens when your internal circadian rhythm is out of step with the local time after crossing time zones. Your brain's clock is reset by light cues, but rapid travel can leave it aligned to your origin while the outside world follows a new schedule, producing daytime sleepiness, insomnia at night, fatigue, and grogginess. The body gradually realigns with the new light-dark cycle, and travel direction matters—eastward trips, which require the clock to advance, are usually harder than westward ones. Other options describe different phenomena: narcolepsy is a disorder of sudden sleep attacks, NREM sleep is a sleep stage, and hypnagogic sensations are dreamlike experiences at sleep onset.

3. What are important alcohol-sleep interactions clinicians should discuss?

- A. Alcohol may aid sleep onset but disrupts sleep architecture, increases awakenings, worsens sleep apnea, and interacts with hypnotics to raise CNS depression risk.
- B. Alcohol always improves overall sleep quality.
- C. Alcohol reduces CNS depressant effects.
- D. Alcohol has no effect on sleep when combined with hypnotics.

Understanding alcohol's effects on sleep and how it interacts with sleep medications is essential for patient counseling. Alcohol can help you fall asleep quickly due to its initial sedative effect, but it disrupts sleep later in the night by fragmenting sleep and reducing important stages like REM sleep. This leads to poorer overall sleep quality and more awakenings, leaving you feeling less rested the next day. In people with sleep-disordered breathing, such as sleep apnea, alcohol worsens airway collapse by relaxing the throat muscles, which can increase the number of breathing pauses during sleep and worsen symptoms. When alcohol is combined with hypnotics or other central nervous system depressants, the effects are additive, not protective. The combination raises the risk of excessive sedation, confusion, slowed breathing, and even overdose, especially in older adults or those with respiratory or liver issues. That's why clinicians emphasize avoiding relying on alcohol to aid sleep and caution against using alcohol with sleep meds. Other statements miss key points: alcohol does not universally improve sleep quality, it does not reduce the depressant effects of medications, and it can indeed affect sleep even when taken with hypnotics.

4. Which term describes a drug that depresses neural activity and reduces pain and anxiety?

- A. Stimulants
- B. Consciousness
- C. Psychoactive Drugs
- D. Opioids

Opioids are drugs that slow down brain activity and provide analgesia and anxiolysis. They bind to opioid receptors in the brain and spinal cord, dampening pain signal transmission and often producing sedation and a sense of calm, which reduces anxiety. This combination—the depression of neural activity along with pain relief and calming effects—fits opioids, unlike stimulants (which boost activity), conscious states (not a drug), or the broad psychoactive category (which includes drugs that can increase or decrease activity). Examples include morphine, codeine, heroin, and prescription opioids like oxycodone and fentanyl.

5. Which term refers to a class of substances that elevates mood and energy and can lead to dependence?

- A. Stimulants
- B. Marijuana
- C. Psychoactive Drugs
- D. Opioids

Elevating mood and energy by speeding up brain activity and boosting dopamine in the reward system describes stimulants. These substances increase alertness, energy, and euphoria, and their repeated use can lead to tolerance and dependence as the brain adapts to the heightened activity. Marijuana affects mood and perception but isn't primarily about raising energy or wakefulness. The term psychoactive drugs is a broad category that includes many different effects, so it's too general for this description. Opioids mainly provide pain relief and can produce euphoria, but they aren't defined by increasing energy.

6. The largest, slowest waves seen on EEG are characteristic of which sleep depth?

- A. Delta waves**
- B. Theta waves
- C. Sleep spindles
- D. Hypnic jerk

Deep sleep shows the largest, slowest EEG waves. These are delta waves—high in amplitude and very low in frequency (about 0.5–4 Hz). This pattern marks slow-wave sleep, the deepest non-REM stage (often called slow-wave sleep or stage N3). Theta waves (4–8 Hz) appear in lighter sleep and drowsiness, sleep spindles (brief bursts of 12–14 Hz) occur in stage N2, and a hypnic jerk is a sudden muscle movement at sleep onset, not an EEG sleep-depth feature. So the presence of large, slow delta waves points to deep, restorative sleep.

7. What is sleep restriction therapy and when is it used?

- A. A CBT-I technique that confines time in bed to increase sleep efficiency; used for chronic insomnia.**
- B. A method to increase time in bed to treat hypersomnia.
- C. A technique to restrict naps; used for circadian rhythm disorders.
- D. A pharmacologic approach to extend sleep duration.

Sleep restriction therapy is a behavioral component of cognitive behavioral therapy for insomnia (CBT-I) that aims to increase sleep efficiency by limiting time spent in bed to roughly the amount of time actually spent asleep. By reducing the opportunity to be awake in bed, it decreases conditioned arousal and wakefulness-at-bedtime, helping to consolidate sleep. As sleep efficiency improves (more of the time in bed spent asleep), the time in bed is gradually increased in small steps, with the goal of preserving efficient, continuous sleep. This approach is used for chronic insomnia because it directly targets the disordered sleep relationship and sleep continuity, rather than simply adding time or relying on medications. Increasing time in bed would typically worsen sleep efficiency and is not used for insomnia; that approach is more aligned with addressing hypersomnia, not the problem of long periods of wakefulness in bed. Restricting naps or focusing on circadian rhythm issues falls outside the primary aim of sleep restriction therapy, which centers on the homeostatic sleep drive and bed-sleep timing within CBT-I. And it's a behavioral technique, not a pharmacologic one, so it's not about drugs to extend sleep duration.

8. Which disorder involves acting out dreams due to loss of normal muscle atonia during sleep?

- A. Somnambulism
- B. Sleep apnea
- C. REM sleep behavior disorder**
- D. Opioids

During REM sleep, the body is normally kept still by muscle atonia, preventing you from acting out dreams. When this atonia is lost, people physically enact their dream content, which is the defining feature of REM sleep behavior disorder. This contrasts with sleepwalking, which occurs in non-REM sleep and isn't due to a failure of REM-associated muscle paralysis. Sleep apnea involves repeated breathing interruptions, not dream enactment, and opioids aren't defined by causing dream-enactment behaviors. Understanding the loss of REM atonia helps explain why movement during dreams occurs in this condition, as opposed to the other sleep-related issues listed.

9. What does actigraphy measure?

- A. Heart rate
- B. Blood oxygen
- C. Sleep-wake patterns from wrist movement**
- D. Brain waves

Actigraphy uses a wrist-worn accelerometer to monitor movement and infer sleep or wakefulness over time. By analyzing activity levels, it estimates sleep-wake patterns in each time interval, allowing calculation of total sleep time, sleep efficiency, sleep onset latency, and awakenings. The underlying idea is that stillness suggests sleep while movement indicates wakefulness, though quiet wakefulness can look like sleep and restless sleep can look like wake. It doesn't measure brain activity, heart rate, or blood oxygen—those require other methods like polysomnography, heart-rate monitoring, or oximetry.

10. Which term describes cognitive tasks that require focused attention and high levels of awareness?

- A. Automatic processes
- B. Divided attention
- C. Subliminal processing
- D. Effortful processes**

Effortful processing involves focused attention and conscious awareness. These cognitive tasks demand deliberate mental effort, are slower, and rely on controlled processing, especially when the material is new or complex. You actively monitor progress, apply rules, and hold multiple steps in working memory. An example is solving a challenging math problem or learning to drive in heavy traffic—these tasks require you to stay actively engaged and cannot be done automatically. Automatic processing, by contrast, happens with little conscious effort once a skill is well practiced, like tying your shoes or reading familiar text at normal speed. Divided attention refers to trying to handle multiple tasks at once, which typically reduces performance because attention is split. Subliminal processing involves information being processed without conscious awareness and generally doesn't support tasks that require active, focused thought. So the description that best fits the scenario is effortful processing.

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://newcdsleepanddrugs.examzify.com>

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

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