1. Describe at least two differences between REM and non-REM sleep.
2. Describe at least one reason we might be concerned about sleep difficulties in a collaborative care setting.
3. List at least two principles of good sleep hygiene.
4. Describe at least two disturbances that can affect one's sleep.
5. List at least two risk factors for obstructive sleep apnea.
6. Describe at least one potential risk of using medications for sleep.
7. Provide suggestions for future educational sessions:
8. Overall, how would you rate your satisfaction with this education session? (Circle one)
9. Poor 2. It was okay 3. Good 4. Pretty Good 5. Excellent

Name (Optional):