

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC  
HOSPITAL

## “ADOLESCENTS SLEEP: WHAT CONTROLS IT? WHAT DOES IT IMPACT? HOW CAN WE IMPROVE IT?” (A139)

Videoconference Webcast

Original Broadcast Date: June 21, 2017

Quiz for General CEUs, CADC, NBCC, Psychologist, and Social Work/LPC/LMFT  
Continuing Education Credit (2.0 credit hours)

**DIRECTIONS: Complete this test after viewing the videoconference webcast listed above.** In order for UPMC Western Psychiatric Hospital to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit (CEU) on the next page. Please note: A passing score of 80% or above is required to receive CEUs.

### Quiz – Answer True (T) or False (F)

1. Sleep is a physiological state of perception that does not include behavioral changes. T/F
2. According to Borbély, sleep is thought to be controlled by two processes: a homeostatic process and a circadian process. T/F
3. Light is the strongest cue that synchronizes humans' circadian rhythms. T/F
4. Self-report methods of assessment are not very useful in evaluating sleep. T/F
5. The recommended sleep duration for adolescents is about 7 hours. T/F
6. During adolescence, sleep drive takes longer to building up and the circadian timing system becomes delayed, but sleep need goes down during adolescence. T/F
7. Several factors contribute to adolescent sleep, including biological changes, increasing autonomy and academic pressures, and early school start times. T/F
8. Even though insufficient sleep is problematic among adolescents, it does not have much impact on academic performance or mental health. T/F
9. Because of the normative changes in sleep during adolescence, it can be difficult to parse out insomnia, delayed sleep phase syndrome, and insufficient sleep. T/F
10. There is preliminary evidence to support cognitive-behavioral sleep interventions for adolescent sleep. T/F
11. Stimulus control involves associating the bed and bedroom with sleep only, and limiting sleep-incompatible behaviors in the bedroom. T/F

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12. Delaying school start times has not been associated with a reduction in teen automobile crash rates. T/F

**After completing the quiz, PLEASE NOTE THAT IT IS IMPORTANT FOR THE ONGOING ACCREDITATION OF OUR PROGRAMS THAT YOU COMPLETE AN EVALUATION. To obtain APA, NCC and LSW, LCSW, LPC, LMFT credit, it is mandatory for you to complete this evaluation. Please go to the following link and be sure to enter the entire address including the "https://" text. The evaluation should take less than 10 minutes to complete. Please put the entire address into your web browser: <https://www.surveymonkey.com/r/T328a>**

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### APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR General CEUs, CADC, NBCC, Psychologists, and Social Work/LPC/LMFT (2.0 CREDIT HOURS)

**INSTRUCTIONS:** In order for UPMC Western Psychiatric Hospital to record the credit you earn by viewing this program, we request that you follow the directions below:

1. Print your name, email address and phone number clearly below.
2. Sign the statement affirming your attendance at the session.

I hereby affirm that I viewed the videoconference webcast indicated above:

Signature

Date Completed

PLEASE PRINT CLEARLY:

Name

Email address

Phone #

**TYPE OF CREDIT: *Please Indicate Your Certification Needs***

<input type="checkbox"/> CADC: Certified Alcohol and Drug Counselor
<input type="checkbox"/> CEU: General Continuing Education Credit
<input type="checkbox"/> NCC: National Certified Counselors
<input type="checkbox"/> Psychologist
<input type="checkbox"/> SW/LPC/LMFT: Social Work (LCSW, LSW)

**PAYMENT:**

\$30 (non UPMC employees)

Go to the following link to pay with credit card or check: [www.upmc.com/pay/EduConsSvcs](http://www.upmc.com/pay/EduConsSvcs)

Course ID: A139

Send these two forms to Nancy Mundy at [mundynl@upmc.edu](mailto:mundynl@upmc.edu) If your score is 80% or above, you will receive a certificate via email. If you have any questions, contact or 412-204-9090.