

UMMC and American Academy of Sleep Medicine Test

Instructions Please complete and return the SAFER test. For those wishing to return the test by email, please “highlight” the selection for your answer for the true/false questions and save your document. Then submit your completed document as an attachment to apeoples@umm.edu

To return completed test by interoffice mail or fax, please direct as indicated below:

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PLEASE PRINT LEGIBLY:

Your Name: _____
Your Email Address _____
Your phone/pager number _____
Program Name: _____
Department Name: _____
Date of SAFER Training: _____

Based on information provided in the training session, please answer the following questions (circle or highlight the correct answer).

True	False	1. Uninteresting lectures combined with room temperature can cause sleepiness.
True	False	2. Insufficient sleep, fragmented sleep, underlying circadian rhythm abnormalities, and primary sleep disorders can contribute to excessive daytime sleepiness.
True	False	3. Optimal sleep for most individuals is between 6 and 10 hours a night..
True	False	4. Sleep debt, defined as the discrepancy between the amount of sleep needed by an individual and the amount actually obtained, does not continue to accumulate when adequate sleep recovery (that sleep following a period of sleep loss) is not obtained.
True	False	5. REM sleep is usually considered the most restorative stage of sleep and increases during recovery sleep.
True	False	6. Because of the human circadian clock, it is easier to fall asleep earlier (advance sleep time) than stay up later (delay sleep).
True	False	7. Duration and quality of previous sleep, as well as time since the last sleep period, determine one’s relative level of sleepiness or alertness.
True	False	8. Human beings can adapt over time to a state of chronic sleep loss by learning to function on less than adequate amounts of sleep.
True	False	9. Sleep deprivation can cause decreased retention of information, impaired information processing, and decreased motivation to learn.
True	False	10. Sleep loss in medical professionals does not appear to have significant potential to compromise the margin of safety in the delivery of patient care because professionals are able to learn to function with decreased sleep.
True	False	11. An individual with sleep loss (sleep debt) is able to easily and accurately evaluate their own alertness level..
True	False	12. Limiting work hours guarantee that an individual will be well rested and can perform optimally.
True	False	13. Prophylactic napping may help combat the effects of fatigue.
True	False	14. Sleep loss does not appear to significantly affect attention and reaction time.
True	False	15. Microsleeps are brief intrusions of sleep into wakefulness, often without subjective awareness of the individual experiencing them.
True	False	16. Fatigue management strategies are unnecessary because of new duty hour limits on work hours.