

# CBT-I Practice Test Questions and Answers

## 1. What is sleep hygiene?

- A) Practicing meditation daily.
- B) Maintaining behaviors that support good sleep
- C) Taking sleeping pills regularly.
- D) Avoiding exercise entirely.

## 2. What is insomnia characterized by?

- A) Excessive daytime sleepiness.
- B) Difficulty sleeping and staying asleep
- C) Sleepwalking episodes.
- D) Sudden onset of muscle weakness.

## 3. Sleep efficiency is calculated as:

- A) Total recording time divided by total sleep time multiplied by 100
- B) Total sleep time divided by time in bed multiplied by 100
- C) Wake after sleep onset divided by total sleep time multiplied by 100
- D) Sleep onset latency divided by total recording time multiplied by 100

## 4. What are the two main types of sleep?

- A) Deep sleep and shallow sleep.
- B) REM and non-REM sleep
- C) Alpha sleep and delta sleep.
- D) Beta sleep and gamma sleep.

**Answers: 1-B 2-B 3-B 4-B**

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