

CBT Insomnia Certification Practice Test Questions and Answers

1. What is the primary goal of Cognitive Behavioral Therapy for Insomnia (CBT-I)?

- A) Prescribing sleep medications
- B) Changing maladaptive thoughts and behaviors that perpetuate insomnia
- C) Increasing total sleep time only
- D) Avoiding all sleep-related discussions

2. Which technique is a core component of sleep restriction therapy?

- A) Spending more time in bed to catch up on sleep
- B) Limiting time in bed to match actual sleep time to improve sleep efficiency
- C) Taking naps throughout the day
- D) Sleeping in different locations each night

3. What is the recommended sleep efficiency target in CBT-I treatment?

- A) 70% or higher
- B) 80% or higher
- C) 85% or higher
- D) 95% or higher

4. Which relaxation technique is commonly used in CBT-I?

- A) Vigorous exercise before bedtime
- B) Progressive muscle relaxation
- C) Consuming caffeine to stay alert
- D) Watching television in bed

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

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