

Identifying and Treating Pediatric Sleep Disorders

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January 31, 2018

Post-test Questions

1. How many hours of sleep should a 4 year old get each night?
8.5
9.5
10,5
11.5
2. How many Hours of sleep should a 10 year old get each night?
8
9
10
11
3. What age do children stop taking naps?
1 year old
2 years old
3 years old
4 years old
4. Is it normal for kids to wake 4-5 times during the middle of the night?
True
False
5. Does the Cry-it-out method cause long-term parent-child attachment issues?
Yes
No