Teacher Answer Key

Case Study

1. Students with chronic insomnia scored about 20% lower on exams than well-rested peers, and they paid less attention in class.

2. Falling behind academically while running on poor sleep is itself stressful, and the study found these students reported heightened stress along with trouble concentrating.

3. Narcolepsy made steady employment hard to hold. Adults in the study fell asleep suddenly at work, and job retention was lower among people with the disorder.

4. Sudden sleep attacks are easy for coworkers to misread as laziness or disinterest. In the study, 65% of participants said their symptoms caused misunderstandings with supervisors, colleagues or clients.

Multiple Choice

1. B

2. C

3. B

Matching

1-C, 2-D, 3-B, 4-A

Fill-in-the-Blank

1) Narcolepsy, 2) CPAP, 3) Chronic

Short Answer (Sample Responses)

Q1: Untreated sleep apnea can lead to high blood pressure, stroke, heart disease, and increased risk for diabetes, as well as contribute to mental health issues due to poor sleep quality.

Q2: CBT for insomnia can help patients change negative thought patterns and behaviors around sleep, promoting a better sleep routine and reducing anxiety linked to sleep.

Q3: Individuals with narcolepsy may face misunderstandings at work due to sudden sleep episodes, leading to challenges in job retention and potential social isolation due to the disorder's symptoms.