



ICONS and Innovators Webinar Series
CEU Verification Form & Quiz

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Attended	AIA	Webinar Title	LU Hours	HSW
Yes <input type="checkbox"/> No <input type="checkbox"/>	WEB22C25_ON	Sleep Math: More Daytime Light = Better Nighttime Sleep for Older Adults	1.0	No

1. Circadian rhythms are:

(circle letter corresponding to correct answer below)

- a. Biological processes that repeat on a daily basis
- b. Generated by the master biological clock in the brain
- c. Regulated by the master biological clock in the brain
- d. All of the above
- e. Items a and c only

2. The primary synchronizer of circadian rhythms to our local position on Earth is:

(circle letter corresponding to correct answer below)

- a. The master biological clock in the brain
- b. The alarm clock
- c. Light
- d. Fresh air
- e. Sleep

3. The following item(s) is/are **not** associated with circadian disruption:

(circle letter corresponding to correct answer below)

- a. Cancer risks
- b. Cardiovascular disease
- c. Gastrointestinal disorders
- d. Inflation
- e. Poor sleep

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4. Sleep disturbances are frequent in Alzheimer's disease and have significant impact on _____ and _____. (Fill in blanks)

5. Sleep deprivation has been linked to:
(circle letter corresponding to the correct answer below)

- a. Reduced performance
- b. Increased risk for diabetes, obesity, and cardiovascular disease
- c. Increased risk for depression, risk for Alzheimer's disease, and falls
- d. All of the above
- e. Items b and c only

6. Light at the eyes has acute, direct effect(s) on humans and:
(circle letter(s) corresponding to any correct answer(s) below):

- a. Increases measures of alertness
- b. Impacts production of hormones
- c. Decreases reaction times
- d. Reduces feelings of sleepiness
- e. Increases postural control and stability

7. Receiving a high amount of circadian stimulus (CS) in the morning (08:00 – 12:00) while working in an office:

(circle letter(s) corresponding to any correct answer(s) below)

- a. Improves nighttime sleep
- b. Relieves depression
- c. Makes lunch taste better
- d. Makes you fall asleep faster at night
- e. All of the above.

8. Long-term exposure to light therapy in Alzheimer's disease patients had been shown to:
(circle letter(s) corresponding to any correct answer(s) below)

- a. Reduce cognitive deterioration
- b. Limit the increase in functional limitations (e.g., bathing, dressing, walking, etc.)
- c. Reduce agitation and depression
- d. Reduce sleep disturbances
- e. All of the above.

9. The goal of the UL Design Guideline for Promoting Circadian Entrainment with Light for Day-Active People (DG 24480) in the built environment is to provide a more natural cycle of _____ light during the day and _____ light at night. (Fill in blanks)

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10. Studies have shown that _____-colored light can have an acute alerting effect without suppressing melatonin. *(Fill in blank)*

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