

# Polysomnography

The Polysomnography program prepares individuals with the knowledge and skills to critically assess, plan, implement and evaluate clinical care and management of sleep disorders and daytime alertness.

Students in this program learn to use sleep technology as part of a team, under the general supervision of a licensed physician, by applying a unique body of knowledge and methodological skills involved in the education, evaluation, treatment, and follow-up of sleep disorders in patients of all ages. The curriculum includes instruction in performing tests such as the Polysomnogram, PAP Titration Studies, Multiple Sleep Latency Test, Maintenance of Wakefulness Test, Actigraphy, Home Sleep Testing, and others used by a physician to diagnose and treat sleep disorders. These tests include the recording, monitoring and analysis of electroencephalography (EEG), electromyography (EMG), electrooculography (EOG), electrocardiography (ECG), respiration, blood oxygen levels, and other physiological parameters. Testing procedures may involve the application and adjustment of therapeutic modalities such as supplemental oxygen or positive airway pressure and include application of techniques, equipment, and procedures that are safe, aseptic, preventative, and restorative. Interpretive knowledge is required to recognize and respond to respiratory, cardiac, or behavioral events that may occur during testing procedures. Students also learn to provide support services related to the ongoing treatment of sleep-related problems. The professional realm of this support includes patient instruction on the use of devices for the treatment of breathing problems during sleep and helping individuals develop sleeping habits that promote good sleep hygiene.

Polysomnographic Technologists may be employed in facility-based or private sleep diagnostic and treatment centers, durable medical equipment companies, medical specialty sales, research, and more.

For specific information about potential positions and wages in polysomnography employment, visit the Central Piedmont Career Coach website.

## Polysomnography (A45670)

### Degree Awarded

The Associate in Applied Science Degree – Polysomnography is awarded by the college upon completion of this program.

### Admissions

- Complete an admissions application to Central Piedmont.
- Submit high school transcripts, as well as any college transcripts, to Admissions, Records & Registration.
- Take the required placement tests.
- Complete any required Developmental classes with a “C” or better.
- Complete and submit a Polysomnography admissions packet.
- Applications must present evidence of good physical and mental health appropriate for students to meet the clinical standards of the profession. A physical examination documenting the applicant’s ability to complete all program requirements is required.
- Students must be selected to enter the Polysomnography program. Upon acceptance and enrollment in the program, students must take all courses as scheduled and sequenced.

- Continued progression in the program requires a grade of “C” or better in each PSG prefix course in each semester.
- Many courses have prerequisites or co-requisites; check the Courses section for details.

Please refer to enrollment instruction for a degree or transfer student under the Admissions Enroll Now tab.

In any Associate Degree Health Sciences program for which there are more applicants who have completed pre-admission requirements than there are positions, admission points are assigned according to the applicant’s documented record. Criteria for selection include scores on the past academic performance, and experience in the field of interest.

### Additional Expenses and Requirements

In addition to tuition and textbooks, costs of this program include uniforms, and professional shoes, a physical examination including immunizations and drug screening.

A student must provide documentation of both health-related and accident insurance.

In order to participate in clinical education experiences at health care facilities, students may be required to submit results of a North Carolina state or national criminal background check at their own expense. As a condition of program admission, students may be required to verify that they are United States citizens or are otherwise legally authorized residents of the United States.

All students are required to be certified in Health Care provider B.L.S. CPR.

### Contact Information

The Polysomnography program is in the Therapy and Acute Care Division. For more information, visit the Polysomnography website. For further assistance, contact the program chair at 704-330-2722, ext. 3245.

## Polysomnography (A45670)

### General Education Requirements

ENG 111	Writing and Inquiry	3.0
ENG 112	Writing and Research in the Disciplines	3.0
or ENG 114	Professional Research & Reporting	
or ENG 113	Literature-Based Research	
MAT 143	Quantitative Literacy	3.0
PSY 150	General Psychology	3.0
ACA 122	College Transfer Success	1.0
Take 3.0 credits from the following courses:		3.0
ART 111	Art Appreciation	
ART 114	Art History Survey I	
ART 115	Art History Survey II	
DRA 111	Theatre Appreciation	
HUM 120	Cultural Studies	
HUM 130	Myth in Human Culture	
MUS 110	Music Appreciation	
MUS 112	Introduction to Jazz	
PHI 215	Philosophical Issues	
PHI 240	Introduction to Ethics	
REL 110	World Religions	

**Major Requirements**

PSG 110	Introduction to Polysomnography	4.0
PSG 111	Neuro/Cardiopulmonary A&P	4.0
PSG 113	Polysomnography Instrumentation	3.0
PSG 210	Polysomnography I	7.0
PSG 211	Polysomnography II	7.0
PSG 112	Polysomnography Fundamentals	3.0
PSG 114	Polysomnography Clinical Education I	3.0
PSG 212	Infant/Pediatric Polysomnography	4.0
PSG 213	Case Study/Exam Review	1.0
PSG 214	PSG Clinical Applications I	1.0
PSG 215	PSG Clinical Applications II	1.0
MED 118	Medical Law and Ethics	2.0
MED 120	Survey of Medical Terminology	2.0
or MED 121	Medical Terminology I	
BIO 163	Basic Anatomy & Physiology	5.0
CIS 110	Introduction to Computers	3.0
<b>Total Credits</b>		<b>66</b>

**Term IV**

PSG 210	Polysomnography I	7.0
PSG 212	Infant/Pediatric Polysomnography	4.0
PSG 215	PSG Clinical Applications II	1.0
<b>Credits</b>		<b>12</b>

**Term V**

PSG 211	Polysomnography II	7.0
PSG 213	Case Study/Exam Review	1.0
PSY 150	General Psychology	3.0
Humanities/Fine Arts		3.0
<b>Credits</b>		<b>14</b>
<b>Total Credits</b>		<b>67</b>

**No diplomas are offered in Polysomnography**

**Polysomnography Suggested Course Sequence**

The following is the suggested plan for when to take each course to complete the Associate in Applied Science degree, based on the program requirements of the 2024-2025 catalog. This is only a recommendation — you may take courses in another order upon consultation with your advisor. This plan is based on you starting with college-level math and English courses, starting your program in the fall, and attending full-time. You can also follow this sequence if you attend part-time. Speak with your academic advisor about the plan and any questions. This program might also offer diplomas or certificates; visit the catalog or contact the program for details. Visit the Academic Advising page for instructions on locating your assigned advisor: <https://www.cpcc.edu/academics/academic-advising>

<b>Term I</b>		<b>Credits</b>
BIO 163	Basic Anatomy & Physiology	5.0
MED 121	Medical Terminology I	3.0
PSG 110	Introduction to Polysomnography	4.0
PSG 112	Polysomnography Fundamentals	3.0
PSG 214	PSG Clinical Applications I	1.0
ACA 122	College Transfer Success	1.0
<b>Credits</b>		<b>17</b>
<b>Term II</b>		
ENG 111	Writing and Inquiry	3.0
MED 118	Medical Law and Ethics	2.0
PSG 111	Neuro/Cardiopulmonary A&P	4.0
PSG 113	Polysomnography Instrumentation	3.0
PSG 114	Polysomnography Clinical Education I	3.0
<b>Credits</b>		<b>15</b>
<b>Term III</b>		
MAT 143	Quantitative Literacy	3.0
CIS 110	Introduction to Computers	3.0
ENG 112	Writing and Research in the Disciplines	3.0
or ENG 114	or Professional Research & Reporting	
<b>Credits</b>		<b>9</b>