

# Polysomnography

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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.