

# PSG A100: POLYSOMNOGRAPHY BASICS

Item	Value
Curriculum Committee Approval Date	12/06/2017
Top Code	121100 - Pharmacy Technician
Units	1 Total Units
Hours	18 Total Hours (Lecture Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)

## Course Description

An introduction to fundamentals of sleep technology, the signs, symptoms, treatments, polysomnography recording techniques, and other differences observed in various sleep disorders. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Describe and identify the signs, symptoms, treatments, polysomnographic recording techniques, and other differences observed in various sleep disorders.

## Course Objectives

- 1. Define Polysomnography, past, present and future
- 2. Describe sleep across the life span
- 3. Differentiate normal as compared to abnormal sleep patterns.
- 4. Describe the different types of sleep disorders (knowledge).
- 5. Describe the signs and symptoms found in different types of sleep problems(knowledge).
- 6. Recognize Excessive daytime sleepiness, insomnia and tips for healthy sleep.
- 7. Describe Sleep disorders and disorders that affect sleep.
- 8. Define the Sleep technologist role in a sleep center, ethics and professionalism.

## Lecture Content

Polysomnography past, present and future  
Sleep across the life cycle  
Overview of sleep disorders  
Normal vs abnormal sleep  
Signs of sleep problems, signs and symptoms  
Sleep disorders and the affect on quality of life  
The role of a sleep technologist  
Ethics and professionalism

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)

## Instructional Techniques

The types of methods for instruction may include lecture, handouts, small group exercises, and PowerPoint presentations.

## Reading Assignments

1 1.5 hours per week Reading assignments of recommended sleep articles.

## Writing Assignments

Overview of sleep diary and sleep questionnaires and good sleep hygiene.

## Out-of-class Assignments

1 1.5 hours per week Completing handouts, sleep diary and sleep questionnaires.

## Demonstration of Critical Thinking

Examinations, quizzes, and case study reports

## Required Writing, Problem Solving, Skills Demonstration

Examinations, quizzes, and case study reports

## Eligible Disciplines

Diagnostic medical technology-diagnostic medical sonography, neurodiagnosti...: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience.

## Other Resources

1. There are no textbooks required for this course. Sleep questionnaires and diaries will be given to students as handouts.