

Essentials of Polysomnography: A Training Guide and Reference for Sleep Technicians

By William H. Spriggs, BS, RPGST; Jones and Bartlett, Publishers, Boston; 2008; ISBN: 9780763781064; Hardcover, 615 pages, \$159.95 US.

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THE FOUNDATION OF EVERY SLEEP CENTER CURRENTLY RESTS ON THE POLYSOMNOGRAM. WITHOUT THE SUCCESSFUL COLLECTION OF THESE DATA, THE clinical evaluation of patients with sleep disorders would flounder due to the lack of objective data on which to base diagnoses and guide therapeutic interventions. Essential to this foundation is the well-trained and knowledgeable polysomnographic technician.

To this end, William H. Spriggs, BS, RPGST has attempted to produce a comprehensive textbook, titled *Essentials of Polysomnography: A Training Guide and Reference for Sleep Technicians*, directed at these important individuals on the frontlines of sleep medicine. This book provides a resource not only for polysomnographic technicians, but for all involved in the field of sleep medicine who desire an in-depth understanding of polysomnography. It is well organized, and the wealth of information is presented in a systematically outlined progression that is easy to read and understand. The book contains numerous examples of polysomnographic recordings that illustrate the topics covered in the text.

The initial chapter outlines the importance of sleep on an individual and societal level and reviews the characteristics of normal sleep. Next, the author provides an overview of pathologic sleep that could also serve as an excellent introduction to general practitioners hoping to recognize sleep disorders in their patients. The next sections encompass the nuts and bolts of polysomnography: patient flow, the equipment used in polysomnographic recordings, and sensor placement. Successive chapters are devoted to the signals acquired during the polysomnogram, identification and troubleshooting of artifacts, filter settings, and sleep staging. An excellent chapter entitled "Abnormal Events" cites the scoring rules and provides many examples of important findings, eg, limb movements and apnea/hypopnea. Other chapters discuss positive airway pressure titration, electrocardiographic abnormalities, and pediatric polysomnography. Finally, there is a comprehensive self-test with annotated answers that surveys the information provided throughout the book. This last portion will be particularly use-

ful in assisting individuals in the initial phases of a career in sleep medicine to recognize what they have learned and areas of weakness on which to focus. Though perhaps beyond the scope of the book, the technical aspects of ambulatory portable monitor recordings are not addressed, despite the growing use of portable monitor testing to evaluate patients with suspected obstructive sleep apnea.

In addition to providing a thorough discussion of all the technical aspects of polysomnography, the author also emphasizes the technician's critical role as a member of the sleep center team. A chapter devoted to the "Life as a Sleep Technician" explores the importance of maintaining an environment that is conducive to patient care and safety and putting the patient at ease during what otherwise might become a stressful experience. The importance of the literal "bedside manner" can be lost when one focuses on the complex technologic requirements of polysomnography; therefore, it is commendable to see it emphasized early in the book.

That being said, accurate and consistent scoring of polysomnograms is an essential feature of reliable sleep studies and, ultimately, appropriate patient care. The numerous polysomnographic examples in the book provide a comprehensive scoring atlas. Although their presentation employs the most recent nomenclature and scoring criteria recommended by the American Academy of Sleep Medicine, some of the examples may confuse readers. In particular, the important differences between the oronasal thermistor and the nasal pressure signals as surrogate markers of airflow, including the distinction between these 2 signals in the scoring rules of apneas, are not addressed. The American Academy of Sleep Medicine scoring manual specifies that an apnea requires a flat line on the oronasal thermistor signal.¹ Many have criticized that controversial decision, stating that the oronasal thermistor signal only detects expiratory airflow and cannot recognize airway obstruction on inspiration. Although the reviewers agree that respiratory events with a flat nasal pressure signal but persistent fluctuations in the oronasal signal should be scored as obstructive apneas (see example on page 373), these events would be scored as hypopneas based on criteria in the American Academy of Sleep Medicine scoring manual.

Also, there are large sections of the book with examples of polysomnographic epochs displayed across the top half of the page, leaving the remainder of the page blank. The resulting low amplitude of the signals makes it difficult to appreciate some of the findings. Full-page displays or examples printed in

Submitted for publication August, 2009

Accepted for publication August, 2009

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SLEEP, Vol. 32, No. 12, 2009

Sleep Technicians Guide

Linda J. Luecken, Linda C. Gallo



Sleep Technicians Guide:

Spriggs's Essentials of Polysomnography: A Training Guide and Reference for Sleep Technicians Lisa M.

Endee,2020-02-10 Spriggs s Essentials of Polysomnography Third Edition is a comprehensive full color text designed specifically for sleep technicians and professionals Updates and additions make this book a thorough and up to date resource for professionals and the new all in one package design makes it the ideal choice for anyone preparing for a career in polysomnography This is an excellent tool for training new sleep technicians or preparing for the RPSGT and CPSGT certification exams and a comprehensive contemporary reference for physicians sleep lab managers DME reps and sleep lab front office staff members New content incorporates therapeutic treatment options and the impact of medications on sleep and new case studies provide further impactful opportunities to apply the material in each chapter This new edition also expands upon existing content enriching the coverage of the consequences of sleep deprivation risk factors for sleep disorders clinical practice guidelines and patient safety among many other important topics The Third Edition s content and questions reflect ICSD 3 classifications and the latest exam standards guided by the most recent RPSGT and CPSGT exam blueprints and version 2 5 of the AASM Scoring Manual Topics include An overview of normal sleep and the history of sleep disorders Patient education and the patient flow process Life as a sleep technician Patient hookup procedures Polysomnography overview and interpretation Pediatric sleep medicine Hundreds of sample epochs depicting sleep stages artifacts and events All in One packaging The Pocket Guide and Flashcards are now included in the back of the book and are perforated for easy use Following the BRPT matrix and equipped with our TestPrep platform this text is an exceptional reference for those who are interested in taking the RPSGT and CPSGT certification exams NEW Chapter 17 titled Medications and Sleep containing content on commonly prescribed sleep aids and the effect of drugs on sleep efficiency and architecture NEW Chapter 18 titled Other Therapeutic Modalities dedicated to the various therapeutic options for the treatment of sleep disorders The text features new and updated content that reflects the latest AASM scoring rules and sleep disorder nosology and is correlated to the most recent RPSGT exam blueprint released in 2018 EXPANDED content on the far reaching consequences of sleep deprivation various risk factors for sleep disorders components of the sleep consultation and physical assessment examination clinical practice guidelines for PAP titration home sleep testing and reporting pediatric sleep testing and scoring and emergency preparedness and maintaining patient safety in the sleep testing environment NEW Case Studies have been integrated within the chapters to facilitate the application of content and to foster critical thinking Intro to Polysomnography Clinical Application of Sleep Medicine Polysomnographic Instrumentation Monitoring Techniques Patient and Equipment Preparation Scoring and Interpretation Pediatric Polysomnography Theoretical Fundamentals of Polysomnography Clinical Fundamentals of Polysomnography Therapeutic Interventions and Clinical Patient Management 2021 482 pages [Essentials of Polysomnography](#) William H. Spriggs,2015-05 Essentials Of Polysomnography Second

Edition Is A 386 Page Full Color Text Designed Specifically For Sleep Technicians And Professionals The New Compact Design And Layout Includes The Same Amount Of Content From The First Edition With Updated Content And Images This Textbook Is Written By William H Spriggs A Certified Sleep Technician And Is Used In Hospitals Sleep Labs Physician Offices And Colleges And Universities Around The World The Second Edition Is Ideal For Training New Sleep Technicians And Students Interested In Studying Polysomnography As Well As Physicians Sleep Lab Managers DME Reps And Sleep Lab Front Office Staff Members The New Edition s Content And Questions Reflect The New ICSD 3 Classifications AASM Rules And Address The BRPT New Exam Blueprints As Well As The Revised AASM Manual For The Scoring Of Sleep And Associated Events Released In July 2013 Content Includes An Overview Of Normal Sleep And The History Of Sleep Disorders Patient Education And The Patient Flow Process Life As A Sleep Technician Patient Hookup Procedures Polysomnography Overview And Interpretation Pediatric Sleep Medicine Hundreds Of Sample Epochs Depicting Sleep Stages Artifacts And Events New Chapters Topics In The Second Edition Include Medical And Neurological Effects On Sleep Effects Of Medicine On Sleep Updated As Well As More Coverage On ECG All Content Is Updated To Reflect The ICSD 3 AASM And BRPT Changes

Overcoming Insomnia: Insomnia Insights from a Sleep Technician - A Sleep Disorders guide to achieving a peaceful night of sleep Debra Dunham, 2025-04-29 Overcoming Insomnia Insights from a Sleep Technician Struggling with sleepless nights You re not alone Insomnia affects millions robbing them of rest energy and focus In Overcoming Insomnia a seasoned sleep technician shares practical insights proven strategies and cutting edge research to help you reclaim the restful sleep you deserve Drawing from years of hands on experience in sleep clinics the author breaks down the science of sleep the common causes of insomnia and how to overcome it without relying solely on medication From understanding your unique sleep patterns to creating an optimal sleep environment this book offers a step by step guide tailored to your needs You ll discover The hidden factors sabotaging your sleep How to harness the power of circadian rhythms Evidence based techniques like cognitive behavioral therapy for insomnia CBT I Lifestyle changes that transform restless nights into peaceful slumber Real life stories of patients who conquered insomnia for good Whether you re dealing with chronic sleeplessness or just want to improve your sleep quality Overcoming Insomnia provides the tools and knowledge to rest easy and wake up refreshed Let a trusted expert guide you on your journey to better sleep Your best night s sleep starts here

Wireless Technician's Handbook Andrew Miceli, 2003 This new second edition of the Artech House classic Wireless Technician s Handbook applies up to date knowledge of wireless communications formats to the real world situations you encounter everyday Featuring brand new material on such critical technologies as GPRS EDGE CDMA 2000 and WCDMA this single easy to understand volume collects the comprehensive information that is essential for your work in the field today

The Sleep Technician's Pocket Guide William H. Spriggs, 2014-05-15 The Sleep Technician s Pocket Guide Second Edition contains all the information sleep technicians need at their fingertips while in the sleep lab patient hookup

artifacts troubleshooting scoring EKG rhythms procedures and protocol drugs and medications and other basic information for quick reference Each section is tabbed and color coded for fast reference This handy pocket sized reference guide created specifically for Sleep Technicians offers just the right amount of information to help guide actions in the lab The Pocket Guide is also a great reference and study tool to help prepare for the RPSGT and CPSGT certification exams Pages are waterproof and stain proof All content is updated to reflect the ICSD 3 AASM and BRPT changes Table of Contents Chapter 1 Normal Sleep Chapter 2 Sleep Disorders Chapter 3 Patient Flow Process Chapter 4 Life As A Sleep Technician Chapter 5 Diagnostic Equipment Chapter 6 Patient Hookup Procedures Chapter 7 Viewing a Polysomnogram Chapter 8 Artifacts and Troubleshooting Chapter 9 Performing an Overnight Sleep Study Chapter 10 Performing a CPAP Titration Chapter 11 Performing Other Types of Sleep Studies Chapter 12 Sleep Staging Chapter 13 Abnormal Events Chapter 14 Cardiac Rhythms Chapter 15 Scoring and Reporting Chapter 16 Pediatric Sleep Medicine Comprehensive Posttest Answers and Explanations Glossary Index References **The Sleep Technician's Pocket Guide** William Spriggs, 2009-08 Health Sciences Professions **Handbook of Physiological Research Methods in Health Psychology** Linda J. Luecken, Linda C. Gallo, 2008 Designed to serve as a primary reference source for researchers and students interested in expanding their research to consider a biopsychosocial approach this book provides a thorough state of the art and user friendly coverage of basic techniques for measurement of physiological variables in health psychology research *The Oxford Handbook of Sleep and Sleep Disorders* Colin A. Espie, Phyllis C. Zee, Charles M. Morin, 2025-05-27 Sleep is one of life's fundamental requirements and like oxygen water and food we simply cannot live without it Sleep is essential for tissue repair metabolism growth infection control and for learning memory and emotional regulation Moreover these critical functions of sleep remain true across the lifespan In many ways sleep is nature's medicine it is what nature has provided to deliver daytime functioning and to maintain health and wellbeing The Oxford Handbook of Sleep and Sleep Disorders has been carefully collated by its internationally renowned editors to provide a comprehensive and up to date guide to our understanding of sleep and circadian processes and of the clinical disorders of sleep and sleep wake regulation The handbook therefore covers what sleep is and why it matters but also explains the disorders of sleep and how they can be assessed differentiated and treated Comprising 46 chapters each written by leading experts in their field the handbook is organized around four sections 1 the fundamentals of sleep and circadian processes 2 the roles and functions of sleep 3 societal factors influencing sleep and 4 disorders of sleep and circadian function This final section is further subdivided into several components including epidemiology classification and assessment management and treatment and lifespan issues and special populations Taken together the handbook offers clinicians and scientists the most contemporary and authoritative single resource for clinical practice and for research in the developing fields of sleep science and sleep medicine **Night Noise Guidelines for Europe** Charlotte Hurlley, 2009 The WHO Regional Office for Europe set up a working group of experts to provide scientific

advice to the Member States for the development of future legislation and policy action in the area of assessment and control of night noise exposure. The working group reviewed available scientific evidence on the health effects of night noise and derived health based guideline values. In December 2006 the working group and stakeholders from industry, government and nongovernmental organizations reviewed and reached general agreement on the guideline values and key texts for the final document of the Night noise guidelines for Europe. Considering the scientific evidence on the thresholds of night noise exposure indicated by $L_{night\ outside}$ as defined in the Environmental Noise Directive 2002/49/EC, an $L_{night\ outside}$ of 40 dB should be the target of the night noise guideline NNG to protect the public including the most vulnerable groups such as children, the chronically ill and the elderly. An $L_{night\ outside}$ value of 55 dB is recommended as an interim target for the countries where the NNG cannot be achieved in the short term for various reasons and where policy makers choose to adopt a stepwise approach. These guidelines are applicable to the Member States of the European Region and may be considered as an extension to as well as an update of the previous WHO Guidelines for community noise 1999. Ed

Encyclopedia of Sleep, 2013-01-17. In a world of 24 hour media saturation, sleep has become an increasingly fraught enterprise. The award winning four volume Encyclopedia of Sleep Four Volume Set is the largest reference, either online or in print, on the subject of sleep. Written to be useful for the novice and the established researcher and clinician, topic areas will include sleep across the life cycle and in other species, sleep and women, sleep and the elderly, pediatric sleep, sleep deprivation and loss, sleep mechanisms, sleep physiology and pathophysiology, sleep disorders, neurobiology, chronobiology, pharmacology and impact of other disorders on sleep. Recognizing the many fields that are connected to sleep science, the editorial team has been carefully chosen to do justice to this highly interdisciplinary field of study. The steady growth of researchers and clinicians in the sleep field attests to the continued interest in the scientific study of sleep and the management of patients with sleep disorders and anyone involved in this exciting field should find this work to be an invaluable reference. 2013 PROSE Award winner for Multivolume Reference in Science from the Association of American Publishers. Thoroughly interdisciplinary, it looks at sleep throughout the life cycle with exceptional coverage of basic sleep concepts, the physiology of sleep as well as sleep disorders of all descriptions. Excellent coverage of sleep and special populations covering the lifespan as well as gender and ethnic differences among others. Chapters focusing on sleep disorders are grouped under the broad categories classified in the ICD-10 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders. Online version is linked both within the encyclopedia to related content and to external sources such as primary journal content so that users have easy access to more detailed information if needed.

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