



## Polysomnographic Technology

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### Department Website:

[www.collin.edu/sleep](http://www.collin.edu/sleep)

### Program Options:

#### AAS – Polysomnographic Technology Certificate Level 1 – Polysomnographic Technology

The Collin College Polysomnographic Technology Program prepares students for an allied health specialty in the clinical care and management of sleep disorders. Sleep medicine is a growing field with more than 80 sleep disorders identified, and an estimated 60 million people in the United States suffering from at least one sleep disorder. As more patients seek diagnosis and treatment of their sleep disorders, the demand for qualified polysomnographic technologists grows. Polysomnographic technologists conduct the sleep studies that allow physicians to diagnose and treat patients suffering from sleep disorders. Through this program, Collin College students are prepared to enter the growing and challenging field of sleep medicine by equipping them with the skills and fundamental knowledge to effectively monitor, manage, and treat sleep disorders under medical supervision.

The Polysomnographic Technology Program offers two degree options: an Associate of Applied Science (AAS) and a Certificate. The 22-month AAS degree track is for students who do not have a background in healthcare. The 9-month Certificate is for individuals who are board registered in any healthcare field --AND/OR-- have a minimum of one year of current work experience in a sleep lab/center. Spaces in the Polysomnographic Technology Program are limited.

Upon graduation from either award, the graduate is eligible to sit for the Board of Registered Polysomnographic Technologists exam to become a Registered Polysomnographic Technologist (RPSGT) and/or the American Board of Sleep Medicine exam to become a Registered Sleep Technologist (RST).

Mathematics and science courses that are part of the curriculum but completed at a regionally accredited institution must have been completed within five years of the fall semester of the admission year in order to receive transfer credits. The minimum passing grade for all

Polysomnographic Technology lecture, lab and clinical course work is 75 percent.

Students planning to transfer to a college or university should check with Collin academic advisors. Also check the degree requirement of the intended transfer college prior to beginning this program to verify course degree applicability.

### FUNCTIONAL ABILITIES / CORE PERFORMANCE STANDARDS STATEMENT

After initial acceptance to this program, all students are required to meet specific functional abilities—with or without accommodations—for successful completion of the program and to function safely and effectively in the variety of the profession's settings. The specific functional requirements are found in the Functional Abilities / Core Performance Standards documents provided in the program information on the Polysomnographic Technology website: <http://www.collin.edu/sleep>. Students who think they may not be able to meet the functional standards and need accommodation are encouraged to contact the college ACCESS department as soon as this program is of interest.

### ACCREDITATION

The Collin College Polysomnographic Technology program is accredited by the Commission on Accreditation of Allied Health Education Programs (<http://www.caahep.org>) upon the recommendation of the Committee on Accreditation for Polysomnographic Technologist Education (<http://www.coapsg.org>). They may be contacted at:

Commission on Accreditation of Allied Health  
Education Programs  
25400 U.S. Highway 19 North, Suite 158  
Clearwater, FL 33763  
727.210.2350  
<http://www.caahep.org>

## ADDITIONAL ADMISSION REQUIREMENTS

Registration is by permission only. Information and applications may be obtained online at <http://www.collin.edu/sleep> or the Health Sciences Division Office. To apply, students must:

- Submit the required application form by the designated deadline
- Provide proof of high school graduation or GED
- Submit official copies of all college transcripts
- Complete Collin College reading, writing and mathematics assessments
- Complete Psychological Services Bureau (PSB) Health Occupations Aptitude Exam
- Document acceptable findings on drug screens, background checks and physical/mental competencies
- Complete program admission criteria (see Admission Packet)
- Completion of immunizations required by the Texas Department of State Health Services (TDSHS) \*

\* *It is important to note that one of the required vaccinations, Hepatitis B, consists of a three dose series, which can take up to 7 months to complete. Individuals unable to receive the HBV must inform the Program Coordinator. In such cases, the applicant must sign a declination form. All immunizations must be complete before assignment to clinical training.*

**Health Insurance** - All Polysomnographic Technology students are required to show proof of health insurance prior to starting clinical rotations each semester.

## PROGRAM COMPLETION REQUIREMENTS

In addition to completion of all polysomnographic technology course work, students are required to complete and pass a capstone Registered Polysomnographic Technologist (RPSGT) practice exam and a comprehensive capstone clinical simulation. Both the RPSGT capstone exam and clinical simulation will take place during the final semester of the program, which is the spring semester of the second year for AAS students and the spring semester for Certificate students.

## AAS – Polysomnographic Technology

60 credit hours

### PRE-ENTRANCE REQUIREMENTS

- A) Students planning to apply for admission to the program must have the following courses completed with a grade of "C" or better before the application deadline.
- 1) BIOL-2404, Human Anatomy and Physiology Basic
  - 2) HPRS-1204, Basic Health Profession Skills
- B) Students entering the program must be prepared to enter college-level mathematics by either completion of MATH-0310 or by placement at the MATH-1314, College Algebra level. Students must complete MATH-1314, College Algebra during or before the fall semester of the program admission year.

*Note: All science and mathematics courses that are part of the curriculum, but completed at a regionally accredited institution, must have been completed within five years of the fall semester for the fall semester of the admission year in order to receive transfer credit.*

### PREREQUISITES

BIOL	2404	Human Anatomy and Physiology Basic
HPRS	1204	Basic Health Profession Skills

### FIRST YEAR

#### First Semester

<u>ENGL</u>	<u>1301</u>	<u>Composition I</u>
<u>MATH</u>	<u>1314</u>	<u>College Algebra</u>
		(See <a href="#">Mathematics options</a> )
PSGT	1215	Introduction to Polysomnography
PSGT	1310	Neuroanatomy and Physiology
RSPT	1207	Cardiopulmonary Anatomy and Physiology

#### Second Semester

PSGT	1205	Neurophysiology of Sleep
PSGT	1340	Sleep Disorders
PSGT	1400	Polysomnography I
RSPT	1237	Basic Dysrhythmia Interpretation
<u>SPCH</u>	<u>1311</u>	<u>Introduction to Speech Communication</u>
		(See <a href="#">Speech Options</a> )

#### Third Semester (Summer)

PSGT	1360	AAS Clinical I – Polysomnography
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## SECOND YEAR

### First Semester

PSGT 2205	Sleep Scoring and Staging
PSGT 2360	AAS Clinical II – Polysomnography
PSGT 2411	Polysomnography II
<u>GEN ED</u>	<a href="#">Social / Behavioral Sciences</a> course

### Second Semester

PSGT 2250	Infant and Pediatric Polysomnography
PSGT 2271	Pharmacology for Polysomnography
PSGT 2272	Polysomnography Exam Preparation (Capstone)
PSGT 2361	AAS Clinical III – Polysomnography
<u>GEN ED</u>	<a href="#">Humanities / Fine Arts</a> course

## Certificate Level 1 – Polysomnographic Technology

28 credit hours

### PRE-ENTRANCE REQUIREMENTS

Prior to being admitted to this program, students must provide official documentation showing they have earned board registry in any health care field -AND/OR- they have a minimum of one year, current work experience in a sleep lab/center.

### FIRST YEAR

#### First Semester

PSGT 1260	Certificate Clinical I – Polysomnography
PSGT 1400	Polysomnography I
PSGT 1573	Polysomnographic Anatomy and Physiology
RSPT 1237	Basic Dysrhythmia Interpretation

#### Second Semester

PSGT 1340	Sleep Disorders
PSGT 2205	Sleep Scoring and Staging
PSGT 2250	Infant and Pediatric Polysomnography
PSGT 2260	Certificate Clinical II - Polysomnography
PSGT 2272	Polysomnography Exam Preparation (Capstone)
PSGT 2411	Polysomnography II