

SECOND EDITION

# The Sleep Technician's **POCKET GUIDE**

A Quick Reference Manual



William H. Spriggs, RPSGT, RST

# Sleep Technician Pocket Guide

**DJ Losen**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## **Sleep Technician Pocket Guide:**

*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 **The Sleep Technician's Pocket Guide** William H. Spriggs, 2009-08-26 **Essentials of Polysomnography Value Bundle Textbook, Pocket Guide and Flashcards** William H. Spriggs, 2017-01-27 This bundle includes the text *Essentials of Polysomnography* Second Edition as well as the *Sleep Technician's Pocket Guide* and *The Sleep Technician's Flashcards* The Textbook *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 Second Edition is also a great reference and study tool to help prepare for the RPSGT and CPSGT certification exams 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 Additional coverage and review questions on Data Storage and

Archiving More in depth coverage of Pediatrics including pediatric scoring information Updated as well as more coverage on ECG All content is updated to reflect the ICSD 3 AASM and BRPT changes The Pocket Guide 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 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 The Flashcards The Sleep Technician s Flashcards Second Edition are designed to test and reinforce students knowledge base to prepare for the CPSGT and RPSGT board exams This convenient study aid allows students to quiz themselves throughout their busy day With 275 cards these flashcards will help students maximize their comprehension of polysomnography and prepare them for their Certified Polysomnographic Technologist CPSGT and Registered Polysomnographic Technologist RPSGT Examinations All content is updated to reflect the ICSD 3 AASM and BRPT changes

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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 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 ICSD 2 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders

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**Essentials of Polysomnography** William H. Spriggs, 2014-06-02 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

**Pocket Guide to Respiratory Care** Pamela Becker Weilitz, 1991 *Pocket Guide to Fluid, Electrolyte, and Acid-base Balance* Mima M. Horne, 1993

**Vertical File Index** ,1996 **Turkey Pocket Guide** Berlitz Guides, 1994-02 **American Book Publishing Record** ,2004 **Training** ,1988 [The Eerie Excavation](#) Ash Harrier, 2023-02-28 In The Deadly Daylight Alice England learned about exotic animals allergies and how to make a friend Now she Violet and Cal are back and faced with another mystery to solve It s summer holidays in Damocles Cove and Alice Violet and Cal are off to Archaeology Camp Sure it s not the K Pop camp Violet wanted or the days of video gaming that Cal was looking forward to but Alice s enthusiasm carries them all off to the mysterious Malkin Tower on the edge of the spooky Pendle Woods The work is hard and the findings are small until one day a fellow camper turns up something unexpected What is discovered in the dirt will plunge Alice and her friends into another murder mystery Do curses really exist Is a monster haunting Pendle Woods And who is creeping around the tower after midnight When camp ends and everyone is sent home without answers Alice will need her signature logic the support of her friends and her special talent to solve the mystery of Pendle Woods and bring an end to a family feud that s been going on for centuries

**The Publishers' Trade List Annual** ,1918 [The Cumulative Book Index](#) ,1996 A world list of books in the English language *Science and Technology Desk Reference* Carnegie Library of

Pittsburgh. Science and Technology Department,1993 Questions are divided into 20 subject areas starting with The animal world and ending with Weights measures and time      **Cumulated Index to the Books** ,1953 A world list of books in the English language      **The Consumer Health Information Source Book** Alan M. Rees,1994 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it

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