

Polysomnography Board Prep & Review

Day 1

- 8:30-10:30am..... Mechanics of Normal Sleep
- 10:30-10:45am..... *Morning Break*
- 10:45-12:00pm..... EEG Processing
- 12:00-12:45pm.....*Lunch Break*
- 12:45-1:30pm.....Understanding Instrumentation
- 1:30-2:45pmPerforming the Polysomnogram
- 2:45-3:30pm.....Performing the MSLT/MWT
- 3:30-4:30pm..... Scoring the Polysomnogram
- 4:30-5:30pm..... Site Management & Safety in the Sleep Center



Day 2

- 8:30-9:30am..... Getting to Know Arty Fact
- 9:30-10:30am..... Basic ECG Interpretation
- 10:30-10:45am..... *Morning Break*
- 10:45-11:15.....Medications and Sleep
- 11:15-12:15pm.....Respiratory Physiology
- 12:15-1:00pm..... *Lunch Break*
- 1:00-2:00pm.....Math for the Sleep Tech
- 2:00-2:15pm.....*Afternoon Break*
- 2:15-3:15pm.....Disorders of Sleep
- 3:15-4:00pm.....Survival Guide for Test Taking
- 4:00-4:45pm.....Quiz Show

Disclosure: All course itineraries that are sent out prior to courses are sample program itineraries. SHMR reserves the right to adjust lecture times to accommodate guest lecturers. Start times or class end times will not vary more than ½ an hour