

Sleep Health Management Resources, Inc.
Scoring for the Polysomnographer
Basic Itinerary

Day 1

9:00-9:45am.....Instrumentation Overview
9:45-10:45am.....Sleep Staging Concepts
10:45-11:00am.....Break
11:00-12:00pm.....Staging Practice
12:00-12:45pm.....Lunch
12:45-2:00pm.....Rules for Scoring EEG Arousals
2:00-3:15pm.....Respiratory & PLM Event Rules
3:15-3:30pm.....Break
3:30-4:15pm.....Respiratory and PLM Event Marking
4:15-5:00pm.....Recognizing Artifacts

Day 2

9:00-10:00am.....Cardiac Rules
10:00-11:30pm.....Acquiring and Scoring the MSLT
11:30-12:30pm.....Lunch
12:30-2:00pm.....Break
2:15-4:00pm.....Putting It All Together

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