

FAQ's

What is Polysomnography?

Polysomnography is the study of an individual's sleep. Millions of Americans suffer from sleep disorders. Over 80 types of sleep disorders are recognized by the American Academy of Sleep Medicine. Diagnosis may require an overnight stay in a sleep disorder clinic while being monitored by a Polysomnography technician ("sleep tech"). The sleep tech will apply sensors to the patient's scalp, face, neck, legs and body to observe their physiologic parameters of sleep. If you would like to consider a job in a sleep disorder clinic, it typically requires working all night in order to monitor these parameters.

Do You Offer Job Placement Assistance?

While we do not offer job placement, we often receive phone calls from Sleep Disorder Clinics who are looking for employees. The certificate of completion of the program that you receive may make you a more desirable candidate for a position.

Who can attend SHMR training programs?

While some individuals who attend our "ASTEP Boot Camp Training" program have some type of medical background, we welcome those who have no experience and are seeking a career change.

Please call to inquire, **815-298-0696**.

Where are SHMR programs held?

Sleep Health Management Resources, Inc. has partnered with accredited Sleep Centers to bring this program to Rockford, IL., Joliet, IL., Oglesby, IL., West Allis, WI., Springhill, FL., Mesa, AZ, and San Francisco, CA.

Acceptance Criteria

High school diploma or GED

Obtains current CPR or BCLS certification prior to the end of class session

Ability to comply with physical demands outlined in the Sleep Trainee Position Summary

Physical Demands

The physical demands described here are representative of those that must be met by a student to successfully perform the essential functions of a sleep technician. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. While performing the duties of this job, the employee is frequently required to stand; use hands to finger, handle, or feel; reach with hands and arms; climb or balance; and talk or hear. The student is occasionally required to walk; sit; and stoop, kneel, crouch, or crawl. The student must regularly lift and/or move up to 10 pounds, frequently lift and/or move up to 25 pounds, and occasionally lift and/or move up to 50 pounds. Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus.



Program Completion Requirements

Attendance at all sessions is required to complete the program. Missed sessions due to absence for any reason must be completed during the next program offering in order to receive a certificate of completion of the program.

Work Environment

The work environment characteristics described here are representative of those a student encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. In the performance of this job, the student may be exposed to chemical vapors such as acetone, ether, or gluteraldehyde. There may also be skin contact with these substances. The employee may also be exposed to infectious agents including bloodborne pathogens.

What should I wear?

Our goal is to provide students with the most comfortable environment possible. Casual to business-casual attire is acceptable. Scrubs or lab coat are preferred for clinicals.

Are there any meals included with the cost of the program?

No. Lunch is not provided for the ASTEP program.

What items should I bring?

We recommend bringing a pen and a highlighter.

Do I receive something for attending the program?

A certificate of completion is awarded for each Sleep Health Management Resources, Inc. program.

What is your cancellation policy?

A \$100.00 processing fee will be assessed for any cancellations.

Failure to cancel prior to the start of class will result in forfeiture of tuition.

Note: If you are attending an ASTEP program through either Rock Valley College, Illinois Valley Community College, or Joliet Jr. College, their cancellation policy will apply.

Are there any books or materials I should read prior to coming to a program?

A list of suggested reading material is available on the Board of Registered Polysomnographic Technologists website (www.BRPT.org then click *Reference Bookstore*).

Upcoming AASM Accredited Programs:

- ❖ April 12-23, 2010 The Florida Sleep Institute, Spring Hill, FL
- ❖ April 26-May 7, 2010 Provena St Joseph Sleep Disorder Center, *Oglesby, IL
- ❖ July 12-23, 2010 UCSF Medical Center, San Francisco, CA
- ❖ July 26-August 6, 2010 Provena St. Joseph Sleep Disorder Center, *Joliet, IL
- ❖ August 9-20, 2010 The Sleep Wellness Institute, West Allis, WI
- ❖ Aug 23-Sept 3, 2010 Swedish American Sleep Disorders Center, *Rockford, IL
- ❖ Sept 13-24, 2010 Provena St Joseph Sleep Disorder Center, *Oglesby, IL
- ❖ Oct 25-Nov 5, 2010 Provena St. Joseph Sleep Disorder Center, *Joliet, IL
- ❖ November 8-10, 2010 The Florida Sleep Institute, Spring Hill, FL

***Registration for the college programs must be made through the college itself:**

Rock Valley College:

Nina Crick, Continuing Education

T: 815-921-3905

Joliet Junior College:

Mike Sillar, Continuing Education

T: 815-280-1423

Illinois Valley Community College

Diane Scoma, Continuing Education

T: 815-224-0490

Where are the programs held in each of the locations, and other important information?

Greater Chicago Area/Rockford IL

Accommodations & Class Location:

Holiday Inn of Rockford *

7550 E State St.

Rockford, IL 61108

t. 815-398-2200 or Toll Free 800-383-7829

* Please ask for the Sleep Health Management Corporate Rate when making reservations.

Airports:

O'Hare Int'l Airport – www.ohare.com

Midway Airport – www.chicago-mdw.com

Northwest Chicagoland Int'l Airport – www.rockfordairport.com

Bus Service:

Service is available from both Chicago airports to Rockford. Please visit www.vangalderbus.com for current prices and schedules.

Taxi/Shuttle Service:

Service is provided by “In Need of a Lift” shuttle service from Northwest Chicago land Int'l Airport. Please call 815-874-0371 for fares and schedule.

Joliet, IL

Class Location:

Joliet Jr. College

Room T1001

1215 Houbolt Rd. Joliet, IL 60431

Accommodations:

**Please search hotels near Joliet Jr. College's address for prices that would best suit your budget

Phoenix, AZ

Class Location:

Valley Oximetry

4555 E Inverness, Building 1

Mesa, AZ 85206

Accommodations:

Please search hotels near Valley Oximetry's address for prices that would best suit your budget.

Airport:

Sky Harbor Int'l Airport – www.phoenix.gov/AVIATION/

Taxi/Shuttle Service:

Please visit <http://phoenix.gov/AVIATION/> (click on parking & transport, then taxi, bus, van & limo) for a listing of shuttle services.

Tampa, FL Area Class Location:

Florida Sleep Institute
4075 Mariner Blvd.
Spring Hill, FL 34609

Accommodations:

Please search hotels near Florida Sleep Institute's address for prices that would suit your budget.

Airport:

Tampa Intl Airport – www.tampaairport.com

Taxi/Shuttle Service:

Please visit www.tampaairport.com click on ground transportation for various options.

West Allis, WI Location:

The Sleep Wellness Institute
2356 South 102nd Street
West Allis, WI 53227

Accommodations:

Please search hotels near The Sleep Wellness Institute's address for prices that would best suit your budget.

Airport:

General Mitchell International Airport – <http://www.mitchellairport.com/>

San Francisco, CA

UCSF Sleep Disorders Center Office
2330 Post St., Ste 420,
San Francisco, CA 94115

Accommodations:

Please search hotels near UCSF's address for prices that would best suit your budget.

Who are the instructors and what is their experience?**Mary Kay Hobby, President & Founder**

- Nationally and regionally recognized sleep lecturer
- Published author
- 15 years of experience in education
 - Chief Instructor of MSNi
 - Clinical Education Coordinator of Respiratory Therapy Department
 - 10 years as a BCLS instructor
- Active member of the Illinois Society for Respiratory Care Chapter 6 Education Committee
- Registered Polysomnography Technologist
- Registered Respiratory Therapist
- Mary Kay is the 2007 recipient of the Sharon Keenan Award for Excellence in Sleep Education.

Ray Gamble, Instructor / RPSGT

- The newest member of the Sleep Health Management Resources, Inc team, Ray comes with diverse experience.
- He most recently has served as District Manager of American Sleep Network (ASN) supervising staff and overseeing department operations.
- Ray received his start in polysomnography with The Breathing Center in Morristown, NJ before relocating to Children's Memorial Hospital Sleep Center, Chicago, where he participated in research with Dr. Stephen Sheldon.
- Ray completed his respiratory training at California College of Health Science.