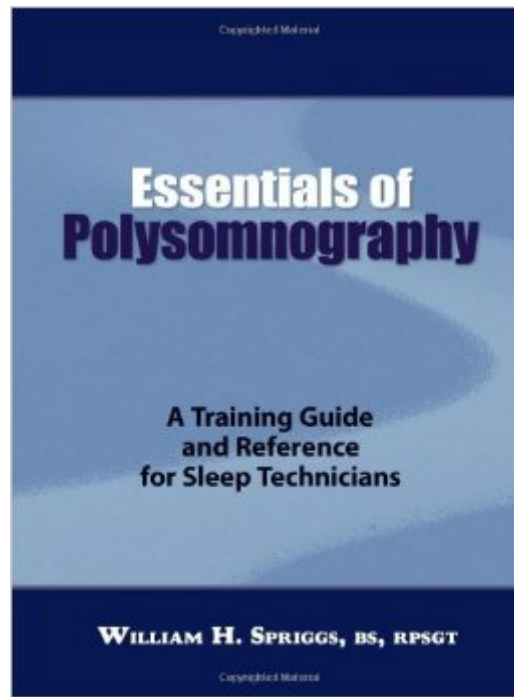


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# Essentials Of Polysomnography



## Synopsis

Essentials of Polysomnography is a 615-page full color text designed specifically for sleep technicians and professionals. 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. This text is up-to-date with current BRPT and AASM standards. Now Available! New Package Options for Greater Savings! Essentials of Polysomnography is the first book to include the new recording and scoring rules presented in 2007, as well as the latest sleep disorder definitions and categorization presented in 2005. This text is designed around the board exam for sleep technicians, and includes 500 questions with answers and explanations. It is also 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. Contents Include: An overview of normal sleep and the history of sleep disorders Patient education and the patient flow process Life as a Sleep Technician Equipment and hookup procedures Polysomnogram overview and interpretation Pediatric sleep medicine Managerial and daytime operations in the sleep lab Hundreds of sample epochs depicting sleep stages, artifacts, and events. A 500 question post-test to help prepare for the RPSGT certification exam And much more! View new PACKAGE bundle purchase options including the text, pocket guide, flash cards and online test prep.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (31 customer reviews)

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## Customer Reviews

If you are new to the field of Sleep Medicine, you need this book! No other book combines the quality of material, clear and concise descriptions, and the tools needed to prepare for the RPSGT

Exam.If you are an experienced sleep tech, you need this book! The Sleep Medicine field is constantly changing and only Mr. Spriggs book incorporates the current scoring rules and addresses the latest trends in polysomnography.If you are a Respiratory Therapist or other Healthcare Professional and considering a career in Sleep Medicine, this is the introductory text book to buy.Highly recommended!

This is an excellent book to help those study for their RPSGT exam. Unlike the "Fundamentals of Sleep Technology" (endorsed by the AAST) book, Principles of Polysomnography has all of the updated rules on scoring, making it a lot less confusing when studying for the board exam. As another reviewer mentioned, there are some problems with the practice tests and answers not matching. As long as you study the actual material, and do not try to memorize answers to the test questions, this is a great resource for preparing for the exam.I would also highly recommend getting your hands on a copy of the "Technologist's Handbook for Understanding and Implementing the AASM Manual for the Scoring of Sleep." This one has the green cover on the front and 80 pages of information compared to the "AASM Manual for Scoring..." which has the blue cover and only 59 pages of info. The Technologist's handbook for scoring covers more information to help you study for the exam.I studied from these 2 books and was able to pass my RPSGT exam.

This book is fabulous! If you are looking for a book to help prepare you for the board exam, or just for working as a sleep technician, this book is by far the most comprehensive you will find. It is very easy to understand, yet completely thorough. The practice exam questions make it ideal as a study guide. I'm happy that it contains all the newest sleep scoring rules as well. Highly recommended.

I recently passed the BRPT and used a few different sources to prepare. This book was very helpful to me. The only issue that I have with the book is that there are errors in the answer key to the practice questions. The explanation was correct, however the letter attached to the answers were incorrect. This made me very nervous wondering if I was memorizing incorrect data. Number 161, 240, and 246 were incorrect. These are the only ones that I am aware of. Some of the answers didn't have explanations so it is difficult to tell if there are other incorrect answers. Overall this is an easy book to read and understand..just don't 100% trust the practice test.

READ IT ONLINE FOR FREE; if you Google this title and look at the listing that comes up somewhere down the first page, you will see the "Google Book" and you can read it online. (Sorry

W. Spriggs)

I have been registered in sleep technology for almost 12 years now and supervise 8-9 sleep techs. This book is a very good book when starting off in sleep technology. When studying to become a RPSGT, it should be studied but not to the exclusion of other books/references. All but 2 of my techs have become RPSGT's since 2007. They studied from Spragg's other book (not updated since the new AASM scoring guidelines came out but the chapter post tests are much longer and more comprehensive), this book, the AASM guidelines/practice and parameters, the ICSD 2nd edition and Sleep Pearls. The ones who studied from the Spragg books only did not pass on the 1st try. However, the ones who studied from all of the books listed above did tend to pass on the first go round. I still have not found a really good reference for the domain of the test that covers troubleshooting equipment, infection control, code of conduct, etc. (can't remember the name of that domain right now). Again, if you are just starting out or are just starting to prepare for the BRPT boards, I would recommend having this book.

A valuable study tool, and excellent for someone already comfortable in the field of PSG, but god help you if you are a student and this is your only text. Frequently the end of chapter questions, and the practice test at the end of the book, will require the student to look elsewhere for the answer as it is simply not in the book. Spelling and grammatical errors abound, Epoch examples are frequently either redundant or absent, and there is a marked trend towards ignoring Digital PSG. CPAP/BiPAP chapter cursory at best.

Very well done. Organized--Very informative--A must read for those interested in this field of study in relation to school and/or career.

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