

Accredited Sleep Technologist Education Program (A-STEP)  
Henry Ford Allegiance Health – Jackson, Michigan

**Week 1**

<b>Day 1 – Monday Intro to Sleep Technology and the Sleep Laboratory</b>	INSTRUCTOR	TIME (hours)	TYPE
A. Welcome and Orientation <ul style="list-style-type: none"> <li>• Tour of Sleep Center and Clinic</li> <li>• A-STEP Goals and Expectations / Q&amp;A session</li> <li>• Discussion of Exam Protocols</li> </ul>	<i>Truman, C..</i>	1.0	Didactic
B. Sleep Technology – The Role and Expectations <ul style="list-style-type: none"> <li>• Role description for Trainee, Technician, and Technologist Professionalism, Ethics and Sleep Center Dress Code</li> <li>• Introduction to the (AASM, AAST, BRPT) and Registration for Professional Publications</li> </ul>	<i>Truman, C..</i>	1.5	Didactic
C. Patient Confidentiality <ul style="list-style-type: none"> <li>• HIPAA, JCAHO and NPSGs</li> <li>• Medical Confidentiality, Accessing Pertinent Medical Records</li> <li>• Informed Consent and Other Legal Issues</li> </ul>	<i>Truman, C.</i>	1.0	Didactic
<b>D. Practice Session: Confidentiality, HIPAA and Documentation</b>	<i>Truman, C.</i>	<b>0.25</b>	<b>Simulation</b>
E. Sleep Center Protocols For Patient and Staff Safety <ul style="list-style-type: none"> <li>• Infection control, Equipment Sterilization</li> <li>• Universal Precautions / Hand Washing Protocols</li> <li>• Environmental &amp; Electrical Safety</li> <li>• Fall Risk Assessment</li> <li>• Hazardous Materials, Emergencies, and Responses to:               <ul style="list-style-type: none"> <li>○ Fire, Weather, Security, Bomb Threat, &amp; Hazmat</li> <li>○ Cardiac/Respiratory</li> <li>○ Patient/Visitor</li> </ul> </li> <li>• When to Call the Physician</li> </ul>	<i>Truman, C.</i>	0.75	Didactic
<b>F. Emergency Responses, Physician Calls</b>	<i>Truman, C.</i>	<b>0.5</b>	<b>Simulation</b>
<b>Anatomical Terms, Planes of Motion, and Basic Skeletal Anatomy</b>			
A. Anatomical Terms, Planes of Motion, and Basic Skeletal Anatomy <ul style="list-style-type: none"> <li>• Basic human anatomy</li> <li>• Anatomical Positioning and Planes of Motion</li> <li>• Sleep Terms and Definitions</li> <li>• Commonly used Medical Symbols and Approved Abbreviations</li> <li>• Medical Prefixes and Suffixes</li> </ul>	<i>Truman, C..</i>	1.0	Didactic
B. Introduction to Major Muscle Groups for Monitoring Polysomnography Data <ul style="list-style-type: none"> <li>• Upper and Lower Limbs</li> <li>• Thoracic and Intercostal Lead Placements</li> <li>• Head and Facial Lead Placements (excluding EEG)</li> </ul>	<i>Truman, C..</i>	1.0	Didactic
<b>C. Practice Session: Anatomical and Sleep Terminology</b>	<i>Truman, C..</i>	<b>1.0</b>	<b>Practical</b>
		<b>6.25</b> <b>1.75</b> 1.0 <b>8.0</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> Breaks/Lunch <b>Total Educ. Hours</b>

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Day 2 – Tuesday Introduction to Polysomnography	INSTRUCTOR	TIME (hours)	TYPE
<b>Sleep Architecture</b>			
A. Normal Human Sleep Architecture – Current Concepts <ul style="list-style-type: none"> <li>• Sleep Physiology, Sleep Cycles and Circadian Rhythms</li> <li>• Sleep Latencies – Normal &amp; Abnormal – NREM and REM</li> <li>• Calculation of Latencies</li> <li>• Reading and Understanding Sleep Histograms</li> <li>• Sleep Fragmentation and the Effects of EDS</li> <li>• Stanford / Epworth Sleepiness Scales</li> </ul>	<i>Truman, C..</i>	1.5	Didactic
B. Practice Session: Latency Calculations and Histogram Interpretations	<i>Truman, C..</i>	1	Practical
C. Introduction to Polysomnography <ul style="list-style-type: none"> <li>• History &amp; Overview from a Technician's Perspective</li> <li>• Polysomnography Defined</li> <li>• Normal Sleep and its Function</li> <li>• Effects of sleep on the Musculoskeletal and Respiratory Systems</li> <li>• Effects of Sleep on Metabolism</li> <li>• Shift Work and the Importance of Sleep Hygiene</li> </ul>	<i>Truman, C..</i>	1.5	Didactic
D. Sleep Pharmacology <ul style="list-style-type: none"> <li>• Impact of Medications on Sleep and Wakefulness</li> <li>• Therapeutic Use in Sleep Disordered Medicine</li> <li>• Effects of Alcohol, Caffeine, and Nicotine on Sleep</li> </ul>	<i>Truman, C.</i>	1.0	Didactic
<b>Technical Aspects</b>			
A. Introduction to the Technical Aspects of Polysomnography <ul style="list-style-type: none"> <li>• Overview of EEG, EMG, ECG, &amp; EOG Derivations</li> <li>• Surface Electrodes, Thermistors, and Thermocouples</li> <li>• Airway Pressure Transducer Technology (PTAF)</li> <li>• Elastometric, Impedance &amp; Respiratory Inductance Plethysmography</li> <li>• Intercostal EMG, Esophageal Pressure Manometry</li> <li>• Pulse Oximetry</li> <li>• Capnography &amp; End Tidal CO2 Monitoring</li> <li>• Understanding Electrode/ Sensor Mechanics and Accuracy</li> </ul>	<i>Truman, C..</i>	3.0	Didactic
		<b>7.5</b> <b>0.5</b> <b>1.0</b> <b>8.0</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> <b>Breaks/Lunch</b> <b>Total Educ. Hours</b>

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<b>Day 3 – Wednesday Neuroanatomy</b>	<b>INSTRUCTOR</b>	<b>TIME (hours)</b>	<b>TYPE</b>
A. Basic Neuroanatomy <ul style="list-style-type: none"> <li>• Brain anatomy, Function, and the Sources of EEG Activity</li> <li>• Major Brain Structures and Their Correlation to Sleep/Wakefulness</li> <li>• Neurotransmitters - Involvement with Sleep/Wakefulness</li> <li>• Neurons, Synapses, Axons and Dendrites</li> </ul>	<i>Truman, C..</i>	1.0	Didactic
<b>EEG and Sleep Staging</b>			
A. EEG and Waveform Morphology <ul style="list-style-type: none"> <li>• Waveform Identification <ul style="list-style-type: none"> <li>○ Frequency</li> <li>○ Amplitude</li> <li>○ Morphology</li> </ul> </li> <li>• Waveform Frequency Ranges (Alpha, Beta, Theta, Delta)</li> <li>• Identification of K-complexes, Vertex Sharp Transients, and Sleep Spindles</li> <li>• History – R&amp;K Manual and the New AASM Scoring Criteria</li> <li>• Identification of Sleep Onset, NREM and REM Stages of Sleep</li> <li>• Identification of EEG Arousals and Assoc. Scoring Rules</li> </ul>	<i>Truman, C..</i>	1.5	Didactic
B. Practice Session: Interactive Sleep Stage & EEG Arousal Scoring	<i>Truman, C..</i>	1.5	Practical
<b>The International 10-20 Electrode Placement System</b>			
A. Mastering the International 10-20 Electrode Placement System <ul style="list-style-type: none"> <li>• Overview and Significance of Getting it Right</li> <li>• Correlation to Underlying Brain Structure</li> <li>• Identification of Anatomical Landmarks</li> <li>• Electrode Placement – Development of Proper Techniques</li> <li>• Understanding the Consequences of Getting it Wrong</li> <li>• Appropriate Modification of the 10-20 System – When &amp; How</li> </ul>	<i>Truman, C..</i>	2.0	Didactic
B. Practice Session: International 10-20 Measurements - Worksheet & Mannikin Practice	<i>Truman, C..</i>	2.0	Practical
		<b>4.5</b> <b>3.5</b> 1.0 <b>8.0</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> Breaks/Lunch <b>Total Educ. Hours</b>

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<b>Day 4 – Thursday Respiratory Anatomy and Gas Exchange</b>	<b>INSTRUCTOR</b>	<b>TIME (hours)</b>	<b>TYPE</b>
A. Introduction to Respiratory Anatomy and Gas Exchange <ul style="list-style-type: none"> <li>• Basic Upper &amp; Lower Respiratory Anatomy</li> <li>• Functions of the Adult Respiratory System</li> <li>• Mechanics of Breathing, Ventilation, Inspiration, and Expiration</li> <li>• Pulmonary Volumes and Capacities</li> <li>• Gas Properties and Gas Exchange</li> <li>• Room Air, Supplemental O<sub>2</sub> and changes in FiO<sub>2</sub></li> </ul>	<i>Truman, C..</i>	2.0	Didactic
<b>Airflow and Respiratory Effort Monitoring</b>			
A. Monitoring Airflow <ul style="list-style-type: none"> <li>• Thermal Sensors – Thermistors and Thermocouples</li> <li>• Nasal/Oral Airway Pressure Transducers (PTAF)</li> <li>• Capnography and End Tidal CO<sub>2</sub> Monitoring</li> </ul> B. Monitoring Respiratory Effort <ul style="list-style-type: none"> <li>• Elastometric, Impedance and Inductive Plethysmography</li> <li>• Esophageal Pressure Manometry</li> <li>• Intercostal EMG</li> <li>• Pulse Transit Time Monitoring</li> </ul>	<i>Truman, C..</i>	2.0	Didactic
<b>Sleep Disordered Breathing &amp; Scoring of Respiratory Events</b>			
A. Sleep Disordered Breathing <ul style="list-style-type: none"> <li>• Mallampati Airway Classifications</li> <li>• UARS, RERAs, &amp; Snoring</li> <li>• Hypopneas - defined</li> <li>• Sleep Apnea: Obstructive, Central, and Mixed</li> <li>• Clinical Consequences of Sleep Apnea</li> <li>• Paradoxical Breathing During Sleep</li> <li>• Scoring Respiratory Events</li> </ul>	<i>Truman, C..</i>	2.0	Didactic
B. Practice Session: Interactive Respiratory Event Scoring (Somnosoft)	<i>Truman, C..</i>	1.5	Practical
C. Obesity Trends in the US Population <ul style="list-style-type: none"> <li>• Defining Obesity and it's Impact on Health</li> <li>• Understanding Body Mass Index and Calculations</li> <li>• Obesity Trends 1985 – Present in Adult and Pediatric Populations</li> </ul>	<i>Truman, C..</i>	0.5	Didactic
		<b>6.5</b> <b>1.5</b> <b>1.0</b> <b>8.0</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> Breaks/Lunch <b>Total Educ. Hours</b>

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Day 5 – Friday Sleep Disordered Breathing – Treatment Options	INSTRUCTOR	TIME (hours)	TYPE
A. Treatment Options for Sleep Disordered Breathing <ul style="list-style-type: none"> <li>• Positional Therapy</li> <li>• Weight Loss</li> <li>• Oral Appliances</li> <li>• Surgical Interventions</li> <li>• Positive Airway Pressure (Gold Standard)</li> </ul> B. Positive Airway Pressure Equipment <ul style="list-style-type: none"> <li>• Intro to Mask Interface Styles</li> <li>• Choosing the Appropriate Interface</li> <li>• Acclimation and Desensitization Procedures</li> <li>• Understanding the Importance of Humidification</li> <li>• Complications of PAP Therapy</li> <li>• Resolutions to Common PAP Complaints</li> <li>• Effectiveness and Long Term Compliance Issues</li> <li>• Importance of a Patient Follow-Up Program</li> </ul>	<i>Truman, C..</i>	2.0	Didactic
C. Positive Airway Pressure Therapy <ul style="list-style-type: none"> <li>• Mechanics of CPAP and Titration Protocols</li> <li>• Indications for Bi-level Therapy and Titration Protocols</li> <li>• Servo-Ventilation / Auto-Titration</li> <li>• Understanding Pressure Relief and Ramping Technology</li> <li>• Understanding Tidal and Minute Volumes</li> <li>• Rationale for Split Night Studies</li> <li>• Techniques to Avoid Over-Titration</li> </ul>	<i>Truman, C..</i>	2.0	Didactic
D. Practice Session: Assembly, Fitting and Wearing of PAP Interfaces	<i>Truman, C..</i>	1.0	Demo/Practical
E. Supplemental Oxygen <ul style="list-style-type: none"> <li>• Indications and Protocols for Adding Supplemental Oxygen</li> <li>• Understanding Changes in FIO<sub>2</sub> with Supplemental O<sub>2</sub></li> <li>• Knowledge of Equipment</li> <li>• Calculation of Oxygen Cylinder Reserves</li> <li>• O<sub>2</sub> Safety</li> </ul>	<i>Truman, C..</i>	0.5	Didactic
F. Practice Session: Setting up Supplemental Oxygen	<i>Truman, C..</i>	0.5	Demo/Practical
<b>Pediatric Polysomnography</b>			
A. Pediatric Montages and How They Differ From Adults <ul style="list-style-type: none"> <li>• Patient and Parent Rapport</li> <li>• Tips on Working with Children</li> <li>• Preparation Techniques for Pediatric Patients</li> <li>• Pediatric Montages and</li> <li>• Modification of the International 10-20 Electrode Placement System</li> <li>• Scoring Pediatric Sleep Stages</li> </ul>	<i>Truman, C..</i>	2.0	Didactic
		<b>6.5</b> <b>1.5</b> 1.0 <b>8.0</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> Breaks/Lunch <b>Total Educ. Hours</b>

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**Week 2**

<b>Day 6 – Monday Polysomnographic Instrumentation</b>	INSTRUCTOR	TIME (hours)	TYPE
<p>A. Concepts of Electrical Instrumentation (part 1)</p> <ul style="list-style-type: none"> <li>• Basic Electrical Principles of Polysomnography</li> <li>• Understanding Analog and Digital Polysomnographic Collection</li> <li>• Bio-potential Sources</li> <li>• Understanding Impedances</li> <li>• Electrical Safety</li> </ul> <p>B. Concepts of Electrical Instrumentation (part 2)</p> <ul style="list-style-type: none"> <li>• Differential Amplification Principles – AC &amp; DC</li> <li>• Filters – High Freq, Low Freq, and 60 Hz – Use and Abuse</li> <li>• Frequency Response Curves and Time Constants</li> <li>• Sensitivity Settings and Amplitude Calculations</li> <li>• Understanding Impedances &amp; Signal Polarity</li> </ul> <p>C. Intercom and Infrared Camera</p> <ul style="list-style-type: none"> <li>• Use and Function</li> </ul> <p>D. Introduction to Testing Software and Computer Functions</p> <ul style="list-style-type: none"> <li>• Loading Patient Data and Software Set-up</li> <li>• Calibration Procedures and Impedance Evaluations</li> <li>• Digital Documentation – Tech notes, tags, 30-min Checks</li> <li>• Adding/Deleting Channels</li> <li>• Effects of Filter and Sensitivity Changes</li> <li>• Report Generation</li> </ul>	<i>Truman, C..</i>	4	Didactic
E. Practice Session: Computer Data Entry, Software Functions & Equip. Use	<i>Truman, C..</i>	1.5	Practical
<b>Patient Assessment and Documentation</b>			
<p>A. Sleep Center Documents</p> <ul style="list-style-type: none"> <li>• Accessing History/Physical and Other Medical Information</li> <li>• Physician Montage Forms and Special Orders</li> <li>• Pre/Post Study Questionnaires</li> </ul> <p>B. Patient Assessment for the Technician</p> <ul style="list-style-type: none"> <li>• Assessing and Management of the Difficult or Special Needs Patient</li> <li>• Patient Emergency Situation <ul style="list-style-type: none"> <li>○ Assessment Protocol</li> <li>○ Crash Cart / BLS/AED – overview</li> </ul> </li> <li>• Pain Assessment</li> <li>• Recognition of Emergencies – Vital Signs / Blood pressure / etc.</li> </ul> <p>C. Blood Pressure Assessment</p> <ul style="list-style-type: none"> <li>• Procedure for Obtaining and Documenting Blood Pressures with Manual and Automated Equipment</li> <li>• Diastolic and Systolic Definitions</li> <li>• Assessment of Abnormal Blood Pressures</li> </ul>	<i>Truman, C..</i>	2.0	Didactic
F. Practice Session: Obtaining Blood Pressures – Manual and Automated	<i>Truman, C..</i>	0.5	Demo/Practical
		<b>6.0</b> <b>2.0</b> 1.0 <b>8.0</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> Breaks/Lunch <b>Total Educ. Hours</b>

<b>Day 7 – Tuesday</b>	INSTRUCTOR	TIME (hours)	TYPE
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Mathematical Calculations			
A. Mathematics for Polysomnography	<i>Truman, C..</i>	1.0	Didactic
<ul style="list-style-type: none"> <li>• Understanding and Calculating:               <ul style="list-style-type: none"> <li>○ Epoch/Minute Conversions</li> <li>○ Body Mass Index (BMI)</li> <li>○ Sleep Efficiencies</li> <li>○ Sleep Onset &amp; REM Latencies</li> <li>○ MSLT Sleep Latencies (Mean)</li> <li>○ Apnea/Hypopnea &amp; Respiratory Disturbance Indices</li> <li>○ PLM and Associated EEG Arousal Indices</li> </ul> </li> </ul>			
B. Practice Session: PSG Math Formulas and Calculations	<i>Truman, C..</i>	1.0	Practical
Cardiovascular System and ECG Monitoring			
A. Basic Cardiac Anatomy	<i>Truman, C..</i>	3.0	Didactic
<ul style="list-style-type: none"> <li>• Overview of Cardiovascular System and Associations with Sleep</li> <li>• Arterial &amp; Venous Circulation</li> <li>• Chambers, Valves and Systemic Circulation</li> <li>• Systolic and Diastolic Pressures</li> </ul>			
B. Cardiac Electrophysiology			
<ul style="list-style-type: none"> <li>• Components of the Heart's Electrical Conduction System</li> <li>• Control of Heart Rate and Rhythm</li> <li>• Components of the ECG Waveform</li> <li>• ECG Electrode Placement for Polysomnography</li> </ul>			
C. Cardiac Arrhythmias			
<ul style="list-style-type: none"> <li>• Basic Rhythm Analysis</li> <li>• Sinus Mechanisms</li> <li>• Ectopic Beats</li> <li>• Atrial Arrhythmias</li> <li>• Ventricular Arrhythmias</li> <li>• 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Degree Heart Blocks</li> <li>• Cardiac Emergencies</li> </ul>			
Respiratory Anatomy and Gas Exchange - Intermediate			
A. Pulmonary Physiology - Intermediate	<i>Patten, G. M.D.</i>	1.0	Didactic
<ul style="list-style-type: none"> <li>• Mechanical and Chemical Control of Breathing</li> <li>• Ventilatory control in REM and NREM</li> <li>• Cheyne-Stokes Breathing and Congestive Heart Failure</li> <li>• Disorders of the respiratory system (not sleep-related)               <ul style="list-style-type: none"> <li>○ COPD (Chronic Obstructive Pulmonary Disease)</li> <li>○ Asthma</li> <li>○ Chronic Bronchitis</li> <li>○ Emphysema</li> <li>○ Pneumonia</li> <li>○ Tuberculosis</li> </ul> </li> </ul>			
D. Practice Session: Identification of ECG Arrhythmias	<i>Truman, C..</i>	1.0	Practical
E. Cardiopulmonary Resuscitation (CPR) Overview	<i>Truman, C..</i>	1.0	Practical
<ul style="list-style-type: none"> <li>• CPR Basics for Adults, Children and Infants</li> <li>• Patient Assessment - EMS Activation</li> <li>• Demonstration of Head Tilt-Chin Lift</li> <li>• Airway Assessment and Management – non-invasive</li> <li>• Proper Hand Placement and Compression Depth – All Ages</li> <li>• Compression/Rescue Breathing Ratios – 1 &amp; 2 Rescuer – All Ages</li> </ul>			
		<b>6.0</b> <b>2.0</b> 1.0 <b>8.0</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> Breaks/Lunch <b>Total Educ. Hours</b>

Day 8 – Wednesday	INSTRUCTOR	TIME (hours)	TYPE
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Movement Disorders			
A. Restless Legs Syndrome and Periodic Limb Movement Disorder <ul style="list-style-type: none"> <li>• Clinical Features and Diagnostic Criteria</li> <li>• “Hard to Describe” Sensations in the Legs</li> <li>• Associated Arousals and Sleep Fragmentation</li> <li>• Recording Limb Movements <ul style="list-style-type: none"> <li>○ Standard and Alternative Electrode Placements</li> <li>○ Calculating Leg Movement Indices</li> <li>○ Scoring Criteria</li> </ul> </li> <li>• Pharmacology for Treating Movement Disorders</li> </ul>	<i>Truman, C..</i>	2.0	Didactic
B. Practice Session: Electrode Placement and Interactive Scoring of PLMs	<i>Truman, C..</i>	1.0	Practical
C. Sleep Bruxism <ul style="list-style-type: none"> <li>• Polysomnographic Manifestations</li> <li>• Treatment options</li> </ul> D. Rhythmic Movement Disorder <ul style="list-style-type: none"> <li>• Polysomnographic Manifestations and Monitoring Techniques</li> </ul>	<i>Truman, C..</i>	0.5	Didactic
Narcolepsy, Seizures, and Other Parasomnias			
A. Narcolepsy (with and without cataplexy) <ul style="list-style-type: none"> <li>• Associated Features, Demographics and Manifestations</li> <li>• Onset and Complications</li> <li>• The Narcolepsy Tetrad: <ul style="list-style-type: none"> <li>○ Excessive Daytime Sleepiness – EDS</li> <li>○ Sleep Paralysis</li> <li>○ Hypnogogic Hallucinations</li> <li>○ Cataplexy</li> </ul> </li> <li>• Sleep Diary</li> <li>• Treatment Options</li> <li>• MSLT and MWT Testing <ul style="list-style-type: none"> <li>○ Purpose, Protocols, and Interpretation</li> <li>○ Associated Calculations</li> </ul> </li> </ul>	<i>Truman, C..</i>	2.0	Didactic
B. Practice Session: Calculations and Interpretation of MSLT Testing	<i>Truman, C..</i>	0.5	Practical
C. Nocturnal Seizures <ul style="list-style-type: none"> <li>• Generalized Seizures, Absence (Petit mal), &amp; Tonic-Clonic Seizures (Grand mal)</li> <li>• Partial Seizures: Simple and Complex</li> <li>• Spike and Wave Discharges</li> <li>• Patient and Staff Safety</li> <li>• Clinical Interventions and Management of Postictal Periods</li> </ul>	<i>Truman, C..</i>	1.0	Didactic
D. Parasomnias <ul style="list-style-type: none"> <li>• Polysomnographic Manifestations of: <ul style="list-style-type: none"> <li>○ Sleep Terrors</li> <li>○ Nightmare Disorder</li> <li>○ Confusional Arousals</li> <li>○ REM Sleep Behavior Disorder – RBD</li> </ul> </li> <li>• Monitoring Techniques &amp; Technical Interventions</li> <li>• Association with REM and NREM Sleep</li> </ul>	<i>Truman, C..</i>	1.0	Didactic
		<b>6.5</b> <b>1.5</b> <b>1.0</b> <b>8.0</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> Breaks/Lunch <b>Total Educ. Hours</b>

Day 9 – Thursday	INSTRUCTOR	TIME (hours)	TYPE
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<b>Insomnia, Circadian Rhythm, and Psychiatric Disorders</b>			
<p>A. Insomnia</p> <ul style="list-style-type: none"> <li>• Inadequate Sleep Hygiene</li> <li>• Idiopathic, Behavioral, Physiological</li> <li>• Sleep Diary and its Role in Managing Insomnia</li> <li>• Difficulty in Initiating and Maintaining Sleep - DIMS</li> </ul> <p>B. Circadian Rhythm Disorders</p> <ul style="list-style-type: none"> <li>• Circadian Rhythms Defined</li> <li>• Control of the Human Circadian Clock</li> <li>• Environmental Factors Impacting Circadian Rhythms</li> <li>• Advanced &amp; Delayed Sleep Phase Disorders</li> <li>• Shift Work               <ul style="list-style-type: none"> <li>○ Sleep Hygiene</li> <li>○ Safety issues Related to Sleepiness/Fatigue</li> <li>○ Coping Mechanisms</li> </ul> </li> </ul> <p>C. Psychiatric and behavioral sleep disorders</p> <ul style="list-style-type: none"> <li>• Psychiatric emergency response</li> </ul>	<i>Guiles, K., LMSW</i>	2.0	Didactic
<b>Artifact Recognition and Correction</b>			
<p>A. Artifact Recognition</p> <ul style="list-style-type: none"> <li>• Sources of Artifact</li> <li>• Desirable versus Undesirable Artifact</li> <li>• Diagnostic Consequences</li> </ul> <p>B. Artifact Resolution</p> <ul style="list-style-type: none"> <li>• Single Channel vs Multi-Channel Artifact</li> <li>• High and Low Frequency Artifact Resolution</li> <li>• Physiologic – Mechanical - Environmental               <ul style="list-style-type: none"> <li>○ Muscle</li> <li>○ Respiratory</li> <li>○ Cardiac</li> <li>○ Sweat</li> <li>○ Electrode popping</li> <li>○ Salt Bridging</li> <li>○ Movement</li> </ul> </li> </ul>	<i>Truman, C..</i>	1.0	Didactic
C. Practice Session: Open Forum - Artifact Recognition and Correction	<i>Truman, C..</i>	1.0	Practical
<b>Introduction to Polysomnography</b>			
<p>A. History and Overview of Sleep Disorders Medicine</p> <ul style="list-style-type: none"> <li>• Early Development of Sleep Medicine Prior to the 1970's</li> <li>• Discovery of the Biological Clock</li> <li>• Scientific progress in the Last 40 Years</li> <li>• Development and Revision of the ICSD &amp; ICSD II</li> <li>• Changes in Scoring Standards</li> <li>• What Employers Need from the Qualified Technician</li> </ul>	<i>Albertson, R. M.D.</i>	1.0	Didactic
B. Practice Session - Day 1: Full Hook-Up and Role Playing With Class Partner	<i>Truman, C..</i>	3.0	Practical
		<b>4.0</b> <b>4.0</b> 1.0 <b>8.0</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> Breaks/Lunch <b>Total Educ. Hours</b>

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<b>Day 10 – Friday Performing a Routine Polysomnogram (Day 2)</b>	INSTRUCTOR	TIME (hours)	TYPE
A. Review of Hook-Up Procedure <ul style="list-style-type: none"> <li>• Q &amp; A Session Regarding Previous Day's Practical</li> </ul> B. Patient Preparation and Hook-Up Procedures - Review <ul style="list-style-type: none"> <li>• Equipment and Supplies</li> <li>• Anatomical Landmark Review</li> <li>• Electrode Site Preparation</li> <li>• Tape and/or latex allergies</li> <li>• Development of patient rapport, setting expectations</li> <li>• Significance of Impedances</li> </ul> C. Standardized Physiologic Bio-Calibrations <ul style="list-style-type: none"> <li>• What is Measured and Why it is Important</li> <li>• Technique and Observation</li> </ul>	<i>Truman, C..</i>	0.5	Review
B. Practice Session – Day 2: Full Hook-Up and Role Playing w/ Class Partner	<i>Truman, C..</i>	3.0	Practical
C. Clinical Skills Assessment	<i>Truman, C..</i>	1.0	Review
<b>Final Course Review</b>			
A. Final Course Review – Interactive Q&A Session	<i>Truman, C..</i>	1.0	Interactive Review
<b>Final Introductory Course Examination</b>			
A. Final Examination	<i>Truman, C..</i>	3.0	Exam
		<b>2.5</b> <b>3.0</b> 1.0 <b>3.0</b>  <b>8.5</b>	<b>Didactic Sessions</b> <b>Practice Sessions</b> Breaks/Lunch <b>Testing</b>  <b>Total Classroom Hours</b>

Total Didactic Sessions: 56.25 Hours (70%)  
 Total Practice Sessions: 21.25 Hours (26%)  
 Final Examination Time: 3.0 hours (04%)

Total Program: 80.5 Hours