

POLYSOMNOGRAPHIC TECHNOLOGY, ASSOCIATE IN SCIENCE DEGREE

Financial Aid Eligible

Banner Code: 1_AS_PSG

Control Number: 08658

Polysomnographic (PSG) Technology is an allied health specialty for the diagnosis and treatment of disorders of sleep and daytime alertness. The range of sleep disorders is varied but includes common disorders such as narcolepsy, sleep apnea, insomnias, and many others. PSG technologists operate a variety of sophisticated electronic monitoring devices which record brain activity (EEG), muscle and eye movement, respiration, blood oxygen and other physiological events. Technologists are also involved in evaluation of various treatment methods. PSG technologists are employed in Sleep Disorders Centers which can be located in medical centers, hospitals, or clinic/office settings. The PSG program offers instruction which includes lecture, laboratory experience on campus, clinical experience at accredited sleep centers and physician lectures. As a CAAHEP-accredited PSG Program, this course of instruction meets the eligibility requirements to take the PSG exam of the Board of Registered Polysomnographic Technologists (BRPT) and The Medical Board of California Licensure as a "Registered Polysomnographic Technologist".

Students can complete the AS degree in Polysomnographic Technology within two years. This program will accept new students to begin each fall semester.

Program Outcome

1. Polysomnographic technologists use sleep technology as part of a team, under the general supervision of a licensed physician, by applying a unique body of knowledge and methodological skills involving the education, evaluation, treatment, and follow-up of sleep disorders in patients of all ages. The polysomnographic technologist performs polysomnography and tests such as the Multiple Sleep Latency Test, Maintenance of Wakefulness Test, Actigraphy and others used by a physician to diagnose and treat sleep disorders.

Associate in Science Degree Requirements

1. **UNIT REQUIREMENT** - 60 UNITS, with at least a 2.0 grade point average. At least 12 of the units must be earned at OCC, with a minimum of one course taken for a letter grade. At least 3 units in an advanced course from the program must be completed at OCC. A student must be enrolled at the time of application for graduation. Units earned at an accredited college or university on a credit/no credit basis will be counted toward the degree requirements of the college, to a maximum of 15 units.
2. **MAJOR REQUIREMENT** - Complete the AA or AS major requirements as detailed in the Degree and Certificate section of this catalog.
3. **MATHEMATICS REQUIREMENT** - Demonstrate competence in mathematics by either obtaining a satisfactory grade (grade of "C" or better or "pass") in a mathematics course at or above the level of Intermediate Algebra as demonstrated by prior coursework, or by demonstrating competency that is comparable through the completion of a college-level math course that has Intermediate

Algebra as a prerequisite: Psychology A160 or Math A100 or higher, with the exception of Math A220.

4. **GENERAL EDUCATION REQUIREMENT** - Students may choose to complete Option 1 (OCC AA GE) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-arts-general-education-option-1/>), Option 1 (OCC AS GE) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-science-general-education-option-1/>), Option 2 (CSU GE) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-2/>), or Option 3 (IGETC (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-3/>)) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-3/>) to satisfy the general education requirement. See the General Education Patterns section of this catalog for more information.

Program Prerequisites

Course	Title	Units
ALH A010	Health Occupations	0.5
ALH A111	Medical Terminology	3
BIOL A221	Anatomy-Physiology ¹	4
Total Units		7.5

Course	Title	Units
Year 1		
Fall		
PSG A100	Polysomnography Basics	1
PSG A140	Introduction to Polysomnography	4
ALH A115	Patient Care	2.5
ALH A130	Applied Pharmacology	3
RSPC A185	Respiratory Anatomy and Physiology	3
Units		13.5

Spring		
ALH A120	Human Diseases	2
PSG A150	Intermediate Polysomnography	3
PSG A155	Cardiac Rhythm Analysis	0.5
PSG A160	Polysomnography Testing	2
PSG A165	Polysomnography Clinical 1	1
PSG A170	Polysomnographic Practice	0.5
PSG A190	Introduction to Polysomnography Anatomy and Physiology	3
Units		12

Year 2		
Fall		
PSG A175	Polysomnography Clinical 2	1
PSG A250	Polysomnography Record Review	2
PSYC A130	Life Span Developmental Psychology	3
RSPC A265	Pulmonary Pathology	3
Units		9

Spring		
PSG A260	Advanced Polysomnography	3
PSG A265	Polysomnography Clinical 3	2
PSG A270	Physician Lecture Series	1
PSG A280	Pediatric Sleep Medicine	2
PSG A285	Polysomnography Internship	2
Units		10
Total Units		44.5

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¹ BIOL A221 Anatomy-Physiology and PSYC A130 Life Span Developmental Psychology in program double count towards General Education Breadth.

Requirement	Units
Program Major Units	52
AS General Education Option 1, 2, or 3	Varies
Total Minimum Degree Units	64

Polysomnographic Technology Suggested Electives

Course	Title	Units
CMST A100	Interpersonal Communication	3
PHIL A120	Ethics	3
PSYC A255	Abnormal Psychology	3
PSYC A160	Statistics for the Behavioral Sciences	4