

Information

March 1st application deadline with new class starting at the end of June each year.

Requirements to apply:

- Minimum cumulative GPA: 2.5
- Minimum science GPA: 2.0
- Completion of at least 60 college credits (with grades of C or better for all prerequisite courses)

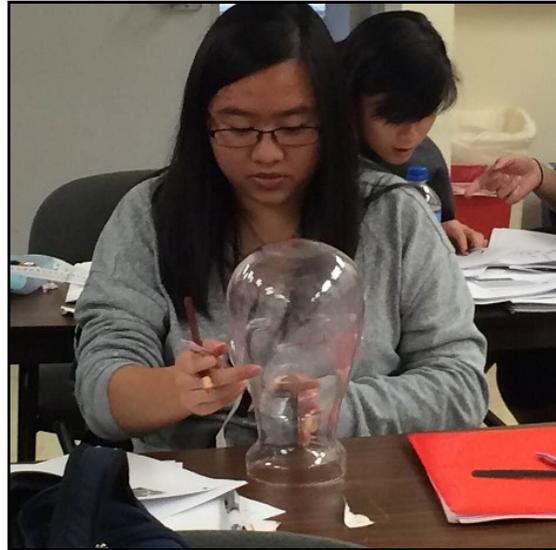
The prerequisite courses :

**Science courses less than 10 years old are preferred.*

- 3 credits English Composition
 - 3 credits Arts
 - 3 credits Humanities
 - 3 credits Introductory (100 level) Social/Behavioral Sciences
 - 3 credits Intermediate or higher (200 – 400 level) Social/Behavioral Sciences
 - 3 credits Statistics
 - 8 credits Chemistry (with labs)
 - 4 credits Physics (with lab)
 - 8 credits Anatomy and Physiology (with labs)
- OR:**
- 8 credits general biology (with labs)
 - HAT 210: Introduction to Respiratory Care

Note: Many of the courses above have prerequisites.

Health care experience (hospital aide/volunteer, emergency medical technician, paramedic, clinical patient care and/or laboratory assistant) is strongly encouraged.



Learn more about Polysomnographic Technology

American Association for Sleep Technologists at:
<http://www.aastweb.org>

Board of Registered Polysomnographic Technologists at:
<http://www.brpt.org>

The American Academy of Sleep Medicine at:
<http://www.aasmnet.org>



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Stony Brook
School of Health Technology
and Management

Polysomnographic Technology



Polysomnographic Technology

Polysomnographic Technology is a new healthcare field that has grown rapidly in recent years and there is a great need for well-educated and knowledgeable technologists. Polysomnographic technologists are health care practitioners who use “high-tech” equipment to diagnose and treat patients with various sleep disorders. They work with a wide variety of patients from infants to the elderly and provide services in many settings including hospitals, freestanding clinics, and physician offices.



Students measuring for EEG lead placement

The responsibilities of a polysomnographic technologist include: set-up, administration and analysis of diagnostic sleep studies (known as polysomnograms). Polysomnographic technologists must also preform patient assessment, recommend therapeutic interventions, and provide patient and family education to promote improved sleep.

A polysomnogram is a procedure that monitors and records different physiological parameters of an individual while they sleep. This includes: brain waves, eye movements, muscle activity, heart rate and various other physical parameters needed to assess the quality and quantity of sleep.

About the Program

The polysomnographic technology Program is a 2-year upper-division professional program leading to a Bachelor of Science degree.

Stony Brook freshmen have the opportunity to declare Polysomnographic Technology as a lower division major by making an appointment with the Program Director. Freshmen accepted into the lower division major must complete all prerequisites with a grade of C or better by the end of the sophomore year, pass HAT 210 - Introduction to Respiratory Care with a grade of B or better, and achieve both a minimum cumulative grade point average (GPA) of 2.5 and a minimum science GPA of 2.0. Students successfully completing the lower division major are advanced to the upper division professional program.

Polysomnographic Technology Education

Students become competent by acquiring the professional cognitive, psychomotor, and affective skills performed by Registered Polysomnographic Technologists (RPSGTs), including patient assessment and the performance of both diagnostic and therapeutic procedures. These experiences are gained in classroom, laboratory settings, and during the students' clinical rotations.

Students will perform polysomnograms, patient set-up, electrode application, and staging and scoring of sleep studies. Students will also acquire professional habits and attitudes consistent with effective professional practice. These include: communication, ethical practice and professionalism, time management, interdisciplinary team work, working under supervision, punctuality and preparedness to work, self-direction, and responsibility for their own actions. Students will also learn how to contribute towards creating a positive work environment for themselves and their patients.

Sleep Disorders are a major health risk

Currently, there are 60 primary sleep disorders, which can lead to both a decreased quality of life and numerous medical complications, some of which are life threatening. Proper sleep diagnostic testing and therapeutic intervention can increase the quality of life, and lead to improved sleep.

Accreditation

The Polysomnographic Technology Program at Stony Brook University is accredited by the Commission on Accreditation of Allied Health Education Programs (www.caahep.org). The initial accreditation is valid from July 21, 2016 until July 31, 2021. The Polysomnographic Technology Program is an education program approved by the New York State Department of Education. Stony Brook University is accredited by Middle States Commission on Higher Education (www.msche.org).

Information Sessions

Information sessions are held on the first Thursday of each month from 2 to 4 PM in the Health Sciences Center, Level 2, Room 470.

Polysomnographic Technology

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