



# **Polysomnography Technology Program Handbook**

*A.A.S. In Polysomnographic  
Technology (PSG) Program at  
Southern University Shreveport  
Louisiana*

# Table of Contents

.....	1
Polysomnography Technology Program Handbook.....	1
A.A.S. In Polysomnographic Technology (PSG) Program at Southern University Shreveport Louisiana.....	1
About SUSLA .....	4
Opportunity starts here... ..	4
Mission Statement: .....	4
Polysomnographic Technology Program .....	5
Who we are .....	5
Our Mission .....	5
Our Vision .....	5
Career overview .....	6
What is a Polysomnographic Technologist? .....	6
The Future of Sleep Technologist.....	6
University Admission Requirements .....	7
Program specific Requirements .....	9
Application Process .....	9
Other Important Information: .....	10
Progression Policy .....	10
APPLICATION PACKET.....	11
DEGREE PLAN.....	11
PROGRAM WEBPAGE.....	11
Degree overview .....	12
Polysomnographic Technology Program .....	12
Course Descriptions .....	13
<b>PSGT 120S</b>   Polysomnography I.....	13
<b>PSGT 125S</b>   Sleep disorders .....	13
<b>PSGT 130S</b>   Neuroanatomy and Physiology.....	13
<b>PSGT 135s</b>   Neurophysiology of Sleep .....	13
<b>PSGT 140S</b>   Respiratory Care Procedures.....	13
<b>PSGT 145S</b>   Polysomnography Clinical I.....	13
<b>PSGT 150S</b>   Sleep Scoring & Staging .....	14
<b>PSGT 155s</b>   Polysomnography Clinical II .....	14
<b>PSGT 160S</b>   Polysomnography II .....	14
<b>PSGT 200S</b>   Special Topics in Polysomnography .....	14
<b>PSGT 205S</b>   Infant & Pediatric Polysomnography.....	14

<b>PSGT 210S   Polysomnography Clinical III</b> .....	14
<b>PSGT 215s   Exam Review and Career Preparation</b> .....	14
Student Resources and Other Information .....	16
University Specific Tuition and Fees.....	16
Withdrawal Process .....	16
Registrars Frequently Asked Questions .....	16
Scholarships.....	16
Additional Information .....	16
References and Website Links .....	17
Contact Information .....	17

# About SUSLA



## Opportunity starts here...

From training our community's workforce to preparing students for four-year schools to leading the way in global educational success and completion, Southern University at Shreveport is committed to ensuring that we leave an indelible footprint in our community and beyond.

As the only HBCU comprehensive community college in Louisiana, [SUSLA](#) serves an ever-growing population of full-time and part-time students. At SUSLA, we offer a high-quality education and opportunities for our students--which in turn contributes to the vibrancy of our local, state, national and global economic community.

We welcome your interest in Southern University at Shreveport - as a potential student, donor, or community partner. Together, we strengthen our region's economy by educating a skilled workforce, preparing students to successfully transfer to four-year colleges and universities and enriching the community through lifelong learning.

We are Southern University at Shreveport & Shreveport's Community College!



**Mission Statement:** Southern University at Shreveport, a unit of the Southern University and A & M College System, a historically black comprehensive community college serving Northwest Louisiana and beyond, is committed to teaching and preparing traditional and non-traditional students for degree attainment, transfer, workforce, continuous learning and self-improvement. This preparation is available through multiple delivery methods and instructional sites for students seeking certificates, technical diplomas and associate degrees

# Polysomnographic Technology Program

## *Who we are*

Here at Southern University Shreveport Louisiana, we are proud to be one of only two Universities that have a Polysomnography Technology program in the entire state. This program is designed to invest and develop the next generation of Sleep Technologist. Our team of experienced faculty consist of over 100+ years of combined experience in the field of sleep medicine and are FOR the success of each one of our students. This program is designed to be FOR the students no matter their background or outside commitments. With our highly interactive online and hybrid courses combined with our clinical internships, students will be well versed in the field of sleep technology and be ready to pursue a career worthy of their talents and skills! Once Students have completed this program, they will have obtained an Associates of Applied Science Degree in Polysomnographic Technology. With the ultimate goal for them to be able to pursue the BRPT credential of a Registered Polysomnography Technologist. Which is the gold standard credential for anyone wanting to work as a Sleep Technologist.

## *Our Mission*

*Our Mission is to develop healthcare professionals that are FOR others!* We aim to provide our students the didactic and clinical education that will prepare them to help our communities constituents obtain truly restful and restorative sleep. We will do this by providing dedicated industry leading quality education, the advancement of best practices, the development of technical competencies, critical-thinking, problem-solving, and interpersonal skills in a fostering learning environment.

## *Our Vision*

*Our Vision is to be a program that is FOR others by providing quality education to our students and serving our community with a pure heart and mind through the furthering development of the profession of a Sleep Technologist.*

# Career overview

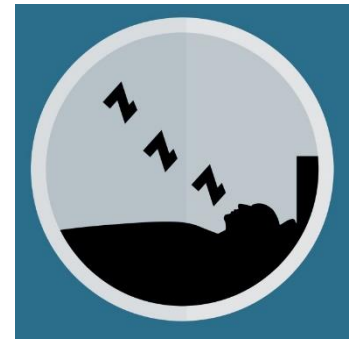
*Read this Article by Kathleen Green, Editor of Occupational Outlook Quarterly*

[Polysomnographic technologist \(bls.gov\)](https://www.bls.gov/occupational-outlook-quarterly/articles/polysomnographic-technologist)

## What is a Polysomnographic Technologist?

Sleep Technology, also called Polysomnographic Technology, is an allied healthcare occupation that embraces a unique body of knowledge and methodological skills. Sleep technologists are allied health professionals who work as part of a team under the general supervision of a licensed physician to assist in the education, evaluation, treatment and follow-up of sleep disorders patients of all ages. These professionals are specially trained to perform polysomnography and other tests used by a physician to diagnose and treat sleep disorders.

Polysomnography includes the process of analyzing, monitoring and recording physiologic data during sleep and wakefulness. This includes providing polysomnography services that are safe, aseptic, preventive and restorative, applying the use of techniques, equipment and procedures involved in the evaluation of polysomnography for the treatment of sleep disorders that are offered during the staging, execution of and scoring of a sleep study.



## The Future of Sleep Technologist

<b>Education Required</b>	Certificate or Associated Degree
<b>Certification</b>	Passing the BRPT exam is a requirement
<b>Education Field of Study</b>	Nursing, electroneurodiagnostics, respiratory therapy
<b>Key Responsibilities</b>	Monitor and record sleep activity, diagnose sleep disorders, develop treatment plans, perform polysomnograms and EEGs
<b>Job Growth (2018-2028)</b>	11% <i>(for all clinical laboratory technologists and technicians)</i> *
<b>Median Salary (2019)</b>	\$52,282 <i>(for all registered polysomnographic technologists)</i> **

Sources: \*U.S. Bureau of Labor Statistics, \*\*PayScale.com

**Sample Sleep Technologist Job Description:**

[Sleep \(Polysomnographic\) Technologist Job Description - AAST \(aastweb.org\)](https://www.aastweb.org/job-description)

# University Admission Requirements

---

The following items are required to be considered for admission to the university:

## *Application Fee:*

A non-refundable application fee of \$20.00 (\$30.00 fee for international students.) The application fee can be paid online when submitting your application, or it can be mailed in the form of a cashier's check. All students are required to pay the appropriate application fee regardless if the student ultimately enrolls or not.

## *High School Transcript or GED Results (New First-time Freshmen Only):*

- If you have graduated from high school or was home-schooled, you must submit final official high school transcript showing evidence of obtaining a high school diploma.
- If you obtained a General Educational Development (GED), you must submit an official report of test scores.
- If you have not graduated from high school, we will accept a 6th, 7th, or 8th semester transcript until the final transcript can be submitted.
- Note: We will accept a faxed copy of your high school transcript or GED results for provisional acceptance, pending receipt of official documents. Fax to 318-670-6483.

Louisiana Department of Education  
Post Office Box 94064  
Baton Rouge, LA 70804-9064  
877-453-2721 (phone)  
225-219-4439 (fax)

## *Official College Transcript (Transfer Students):*

Transfer students are not required to submit an official transcript for admission to SUSLA, unless the student requests that credits earned while attending another regionally-accredited institution be applied towards a certificate or degree at SUSLA.

\*Transcript may be requested by the Financial Aid Office for verification of attempted hours to determine satisfactory academic progress (SAP).

### *Test scores:*

All new first-time freshmen under 25 years of age who are degree-seeking are required to submit ACT, SAT, Compass, or Accuplacer scores.

- Applicants who have not taken the either test must take the AccuPlacer on one of the established test dates set by the SUSLA Testing Center. Contact the SUSLA Testing Center at 318-670-9450 for testing dates.
- We will accept test scores via fax. Fax to 318-670-6483.

### *Proof of Immunization:*

- Each student entering the university shall provide satisfactory evidence of immunity to or immunization against vaccine-preventable diseases to include but not be limited to measles, mumps, rubella, tetanus/diphtheria, and meningitis. This policy applies to all students entering the institution for the first time and all students returning after an absence of one semester or more. Under circumstances where the immunization records cannot be readily obtained, or for personal reasons, the student may sign an immunization waiver during the application process. In the event of an outbreak of a vaccine-preventable disease, students without immunization records will be excluded from the premises until the appropriate disease incubation period has expired or the unimmunized person presents evidence of immunization.

A student is not officially enrolled until all steps prescribed by the institution are completed. Registration procedures are made available to students at the beginning of each registration period and are published in the semester class bulletin. If a student fails to complete registration within a designated period, a late fee may be charged. No credit is allowed for courses taken in which the student is not officially enrolled. A student is not officially enrolled until all fees have been paid.

### Application types

**Records submitted become the property of the University and will not be returned. Falsification of any information when applying for admission may result in the denial of admission or dismissal from the University. Provisional admission of thirty days may be granted pending receipt of required data. The registration of any student whose admission records are still incomplete fourteen (14) days after the first day of classes may be automatically canceled with no refund of fees.**

**Please follow this link to Enroll in SUSLA: [4 Easy Steps to Enrollment at SUSLA | Southern University Shreveport Louisiana](#)**



# Program specific Requirements

*\*Requirements for Admission to the Polysomnography Technology Program Must meet all Southern University at Shreveport admission requirements. \**

- All pre-requisites are to be completed by the end of the Summer session.
  - SENL 101S, SBIO 221S, BIOL ms, ALLH mos and MATH 133 or higher
- A minimum grade of "C" is required in all pre-requisites and must have taken within the last 7 years (A "P" grade will not be accepted).
- Completion of the HESI pre-admission examination-Cost \$50.00. (Please see enclosed flyer).
- Admission to the Polysomnography Technology Program is competitive according to weighted criteria. Meeting pre-admission requirements does not guarantee admission.
- A Cumulative GPA of "C" (2.0) or better is required.
- High School Diploma or GED; computer literate; and Internet access.

## Application Process

1. Completed Southern University at Shreveport (SUSLA) Polysomnography application (Incomplete applications will not be considered).
2. Pay Application Fee of \$40.00 at Cashier Window (Cash or Money Order-No Checks) Southern University at Shreveport, 3050 MLK Dr., Shreveport, LA 71107.

***Make Money Order payable to Southern University at Shreveport-  
Polysomnography Program***

3. Official copy of transcript from each university attended. To be official, transcripts must remain sealed in the original envelope.
4. Signed/witnessed program performance standards.
5. Signed/witnessed criminal background check information form.
6. Signed/witnessed HESI exam scores.
7. Two completed letters of reference.
8. Meet technical standards to perform procedures safely with accuracy and precision as listed in the application.
9. Schedule an Appointment to interview with the program director.
10. After acceptance, applicant must complete a physical examination, meet immunization requirements, pass a background check, clear drug screening, provide proof of medical insurance, and attend the Polysomnography Program Orientation.

Details on when and where to complete this will be provided in the acceptance letter/Email.

11. Students must have the following paperwork turned in to the coordinator PRIOR to clinicals: *(Feel free to print this handbook or use a digital software to check off the list below)*
  - Negative PPD (six months) or negative chest x-ray less than one year old
  - Positive titer or proof of vaccination/immunity for measles, mumps, rubella and varicella
  - Current Flu vaccination
  - Hepatitis B vaccination or declination form
  - Tetanus shot (less than ten years)
    - Copy of COVID-19 Vaccine Card or declination form (If applicable)
    - Copy of health insurance card
    - Copy of high school diploma or GED
  - Clinical eligibility is in part dependent upon a criminal background check and random urine drug testing. Cost of testing is the responsibility of the student.
12. Not currently be on suspension or academic probation.

## *Other Important Information:*

1. Each student is responsible for their own transportation which includes access to a dependable vehicle, a valid driver's license, and proof of insurance as requested by law.
2. Travel to clinical facilities for required clinical experiences is the responsibility of the student.
3. Clinical hours may be scheduled on day, evening or weekend shifts with varying hours that may vary from four (4) to twelve (12) hours depending on the clinical requirements.
4. Students must have access to the internet, a computer with a webcam, email and working telephone number.

## *Progression Policy*

1. The Polysomnography students will abide by the admission and curriculum requirements of the Polysomnography Department and SUSLA.
2. Once a student has enrolled in the Polysomnography Program, all Polysomnography (PSGT) courses must be completed in the proper sequence as shown in the catalog and degree plan.
3. All PSGT courses must be completed with a "C" or better. A grade less than a "C" is unacceptable.
4. Only two (2) attempts to pass a PSGT course will be permitted. An attempt is defined as a course in which a grade of "D" or "F" is recorded on the transcript.

# APPLICATION PACKET

## [PSGT\\_ApplicationPacket.Revised.2021.pdf](#)

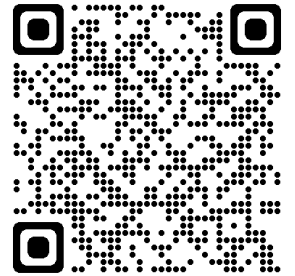
### DEGREE PLAN



You can scan this QR code or Click the link: ([DegreePlan20202021PolysomnographicTechnologyAAS.pdf](#) [sharepoint.com](#)) to view the degree plan for the PSG Program. This will be filled out by The Program Director prior to the phone interview.

### PROGRAM WEBPAGE

You can scan this QR code or Click the link: ([Polysomnographic Technology | Southern University Shreveport Louisiana \(susla.edu\)](#)) to view the degree plan for the PSG Program. This will be filled out by The Program Director prior to the phone interview.



# Degree overview

## Prerequisites

Course ID	Course Name	Type
SENG 101s	Freshman English	TBD
SBIO 221s	A & P I (Lecture)	TBD
SBIO 222s	A & P II (Lecture)	TBD
ALLH 210s	Medical Terminology	TBD
MATH 133s or Higher		TBD

## *Polysomnographic Technology Program*

Course ID	Course Name	Credit Hours	Semester	Time Start	Time End	Type
PSGT 120s	Polysomnography I	3	Spring	TBD	TBD	Blended
PSGT 125s	Sleep Disorders	2	Spring	TBD	TBD	Online
PSGT 130s	Neuroanatomy & Physiology	3	Spring	TBD	TBD	Online
PSGT 135s	Neurophysiology of Sleep	3	Spring	TBD	TBD	Online
PSGT 140s	Respiratory Care Procedures	3	Spring	TBD	TBD	Blended

Course ID	Course Name	Credit Hours	Semester	Time Start	Time End	Type
PSGT 145s	PSG Clinical I	6	Summer	TBD	TBD	Internship
	Behavioral/Social Science Elective	3	Summer	TBD	TBD	TBD

Course ID	Course Name	Credit Hours	Semester	Time Start	Time End	Type
PSGT 160s	PSG II (Lecture)	3	Fall	TBD	TBD	Blended
PSGT 150s	Sleep Scoring & Staging	3	Fall	TBD	TBD	Online
PSGT 155s	PSG Clinical II	4	Fall	TBD	TBD	Internship
PSGT 200s	Special Topics	2	Fall	TBD	TBD	Online

Course ID	Course Name	Credit Hours	Semester	Time Start	Time End	Type
PSGT 205s	Infant & Pediatric PSG	2	Spring	TBD	TBD	Blended
PSGT 210s	PSG III Clinicals	4	Spring	TBD	TBD	Internship
	Humanities Elective	3	Spring	TBD	TBD	TBD
PSGT 215s	Exam Prep and Board Review	3	Spring	TBD	TBD	Blended

Please contact Mr. Colton Wiggins, Program Director of PSG Technology Program at [colton.wiggins@susla.edu](mailto:colton.wiggins@susla.edu) or 318-670-9620 if you have any questions.

# Course Descriptions

## PSGT 120S | Polysomnography I

3 cr. Hr. (3-1-3)

*“This course is designed to provide both didactic and laboratory training for entry-level personnel in the basics of polysomnography technology. Students will become familiar with terminology instrumentation setup and calibration, patient safety and infection control, recording and monitoring techniques, documentation, professional issues, and patient-technologist interactions related to polysomnography technology.”* Requires departmental approval.

## PSGT 125S | Sleep disorders

2 cr. Hr. (2-0-2)

*“This course will present disorders that affect sleep including insomnias, circadian rhythm disorders, narcolepsy, sleep disordered breathing, movement and neuromuscular disorders and medical and psychiatric disorders.”* Requires departmental approval.

## PSGT 130S | Neuroanatomy and Physiology

3 cr. Hr. (3-0-3)

*“This course is a study of the anatomy of the human central nervous system. The student will also be introduced to cardiopulmonary structures and function as well as ECG interpretation.”* Requires departmental approval.

## PSGT 135s | Neurophysiology of Sleep

3 cr. Hr. (3-0-3)

*“This course is an introduction to the history of sleep medicine and the different stages of sleep. Emphasis is on associated wave patterns and collection and utilization of sleep histories.”* Requires departmental approval.

## PSGT 140S | Respiratory Care Procedures

3 cr.hr. (3-0-3)

*“This course is an in-depth study of basic respiratory concepts, theories and techniques needed in the education of the polysomnography student. Application of these procedures are instructed and performed in the laboratory and in the clinical area under supervision.”* Requires departmental approval.

## PSGT 145S | Polysomnography Clinical I

6 cr. Hr. (0-24-6)

*“This course provides the student with patient contact in a sleep lab. This experience offers health-related work-based learning that enables the student to apply specialized occupational theory, skills, and concepts. The student will have the opportunity to observe, perform (under supervision), and evaluate sleep studies. Direct supervision is provided by the clinical professional. (24 clinical hours/week).”* Prerequisite: PSGT 120s.

### **PSGT 150S | Sleep Scoring & Staging**

3 cr. Hr. (3-0-3)

*“This course provides the student with the skill to score and stage sleep studies; prepare comprehensive sleep records, identify effects of medication, age, gender, sleep/wake schedules and sleep habits and other relevant factors. Evaluate pertinent parameters in sleep disorder studies.”*

**Prerequisite:** PSGT 120s

### **PSGT 155s | Polysomnography Clinical II**

4 cr. Hr. (0-24-4)

*“This course offers a health-related work-based learning experience that enables the student to apply specialized occupational theory, skills, and concepts. They will gain insight on scoring, result reporting and Home Health equipment (DME Setups and Follow Ups). (24 Clinical hours/week)*

*Direct supervision is provided by the clinical professional.”* **Prerequisite:** PSGT 145s

### **PSGT 160S | Polysomnography II**

3 cr. Hr. (3-1-3)

*“This course is a lecture and lab, designed to develop skills needed for scoring and staging. Consideration of medication effects, age, gender, sleep/wake schedules, changes in sleep habits, and other pertinent factors. Students will evaluate parameters such as total record time, total sleep time, sleep efficiency, total wake time, wake after sleep onset, wake after sleep offset, sleep latency, REM latency, stage 1-3, REM sleep, awakenings arousals. EEG, sleep disordered breathing, leg movements, and cardiac patterns.”* **Prerequisite:** PSGT 120s

### **PSGT 200S | Special Topics in Polysomnography**

2 cr. Hr. (3-0-2)

*“This course addresses recently identified current events, skills, knowledge, and/or attitudes and behaviors pertinent to the field of polysomnography and relevant to the professional development of the students.”* **prerequisite:** PSGT 160s

### **PSGT 205S | Infant & Pediatric Polysomnography**

2 cr. Hr. (2-0-2)

*“This course is an introduction to the sleep patterns of the infant and pediatric population. The student will be provided with opportunities to perform a pediatric study.”* **Prerequisite:** PSGT 160s

### **PSGT 210S | Polysomnography Clinical III**

4 cr. Hr. (0-24-4)

*“This course provides the student with patient contact in a sleep lab. The student will have the opportunity to observe, perform (under supervision), and evaluate sleep studies. (24 clinical hours/week).”* **Prerequisite:** PSGT 155s

### **PSGT 215s | Exam Review and Career Preparation** 3 cr. Hour (3-1-3)

*“This course will be a comprehensive review in order to optimize success with passing the boards and job placement. They will undergo mock interviews, take practice exams through the BRPT website, complete some Inter-Reliability Scoring through the AASM and get assistance with Resume’ development.”* **Prerequisite:** Requires Departmental Approval

## What will it cost?

We understand that paying for college isn't an easy task for all of our students. To better prepare our students for this endeavor, we have prepared this Fee sheet for the PSG Technology Program. We are working vigorously every year to adapt our program in such a way that it will be as cost-effective for the university and its students. We do this by assessing our resources, teaching methods and overall operations of the program and compare it to industry leading methods and standards.



# PSG Technology Program Fee Estimation Guide



Description	AMOUNT
Basic Life Support Certification	\$5.00
BRPT Study Guide	\$34.95
BRPT Practice Exams	\$55.00
BRPT Board Exam Fee	\$450.00
Program Fee	\$100.00
Clinical Supplies	\$50.00
Scrubs, lab jacket, etc.	\$125.00
Application Fee	\$40.00
ISR Fee	\$220.00
AASM Student Membership	\$100.00
AAST Student Membership	\$100.00
Parking Registration	\$30.00
Textbooks	\$220.00
ID Badge Cost	\$0.00
Pinning Ceremony	\$150.00
Drug Screen	\$40.00
Physical Exam (TB test, Hepatitis Vaccine, MMR, Varicella, TDAP)	\$150.00
Flu & TB Test	\$40.00
Graduation Fee's	\$175.00
Background Check	\$50.00
<b>Estimate of Total Fee's:</b>	<b>\$2,134.95</b>

**\*\*Please note that, although we are trying to be all inclusive by presenting you with this fee sheet prior to enrollment in our program, this is not an exact figure but an educated guess based on gathered research. \*\***

# Student Resources and Other Information

## University Specific Tuition and Fees

Please refer to the University website for the latest information on tuition rates and university associated fees that are not program specific: [Tuition & Fees | Southern University Shreveport Louisiana \(susla.edu\)](#). Currently the tuition rate is *\$2,340.50* for a full-time student (12 Credit Hours).

## Withdrawal Process

Although we do not want to see any of our JAGUARS leave the pack, it is imperative to us that we let you know ahead time of the process of withdrawing a course at SUSLA. Click here for more information: [Registrars-Cancellation-and-Withdrawals-FAQs.pdf \(susla.edu\)](#)

## Registrars Frequently Asked Questions

Navigating a universities website can sometime be confusing and frustrating for students (Current and potential) alike. With this in mind, Our Registrar and Admissions office have developed a wonderful resource that contains Frequently Asked Questions (FAQs). Please go check out this page here: [Registrars-Cancellation-and-Withdrawals-FAQs.pdf \(susla.edu\)](#) to hopefully get the answer(s) you need, when you need them.

## Scholarships

We are always seeking for ways to help students fund their pursuit towards obtaining a higher education. Although we currently do not have any program specific scholarships, we want to make sure our students are aware of any scholarship listed on the university's website. Please refer to this link for up to date scholarship information: [Scholarships | Southern University Shreveport Louisiana \(susla.edu\)](#)

## Additional Information

Once you are enrolled, there is some great resources to help make your time at SUSLA as stress free and educationally stimulating as possible. Please go to the "*Current Students*" tab on the SUSLA website for several important links that will support your educational career. There are several sections within this page including; Academic, Paying Tuition, Technology, Campus Essentials, Get Involved and Be Safe. Click here for more specific information: [Current Students | Southern University Shreveport Louisiana \(susla.edu\)](#)



# References and Website Links

- [Polysomnographic technologist \(bls.gov\)](https://www.bls.gov)
- [Sleep \(Polysomnographic\) Technologist Job Description - AAST \(aastweb.org\)](#)
- [Sleep Technologist Scope of Practice | AAST \(aastweb.org\)](#)
- [Southern University Shreveport Louisiana \(susla.edu\)](#)

## *Contact Information*

Contact Mr. Colton D. Wiggins at [colton.wiggins@susla.edu](mailto:colton.wiggins@susla.edu) or 318-670-9620 for more information regarding the PSG Technology Program.

**“Your Future  
depends on your  
dreams, so go to  
sleep”  
– Mesut Barazany**