

What is a Sleep Technologist?

A **polysomnographic technologist** (formerly called a polysomnographic technician) performs overnight, daytime, or home sleep studies, Polysomnograms, on people with suspected sleep disorders. They work under the general supervision of the medical director or designee to provide comprehensive evaluation and treatment of sleep disorders including in center and out of center sleep testing, diagnostic and therapeutic interventions, comprehensive patient care and direct patient education. The sleep technologist is credentialed in sleep technology.

Sleep technology, also called polysomnographic technology, is an allied health care 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.

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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.