



Polysomnographic Technology Program Information Packet

www.collin.edu/sleep

About Our Program

The Collin College Polysomnographic Technology Program prepares individuals for an allied health specialty in the clinical care and management of sleep disorders. Sleep medicine is a growing field with more than 100 sleep disorders identified, and an estimated 60 million people in the United States suffering from at least one sleep disorder. As more patients seek diagnosis and treatment of their sleep disorders, the demand for qualified polysomnographic technologists grows. Polysomnographic technologists conduct the sleep studies that allow physicians to diagnose and treat patients suffering from sleep disorders. Through the program, Collin College students are prepared and equipped to enter the growing and challenging field of sleep medicine with the skills and fundamental knowledge to effectively monitor, manage, and treat sleep disorders under medical supervision.

Career Opportunities

Polysomnographic Technologists work in hospitals, independent sleep labs, doctor's offices, and durable medical equipment (DME) companies. The earning potential is competitive with equivalent associate degree level programs. Graduates of the Polysomnographic Technology program have increased opportunities for employment, advancement, and higher salaries due to their more extensive level of training. Recent surveys indicate that the supply of trained polysomnography professionals has not been sufficient to meet the progressive growth in demand.

Associate of Applied Science Prerequisites

All of the following prerequisites for the Associate of Applied Science in Polysomnographic Technology track must be completed by the admission deadline.

1. Human Anatomy and Physiology (BIOL 2404) with a minimum grade of "C." This must be done within 5 years of the first day of class in the fall semester of the admission year. The program will also accept the completion of Anatomy and Physiology I (BIOL 2401) and Anatomy and Physiology II (BIOL 2402) as a substitution for BIOL 2404. Both BIOL 2401 and BIOL 2402 must be completed with a minimum grade of "C" for this substitution.
2. Basic Health Profession Skills (HPRS 1204) with a minimum grade of "C." This must be done within 2 years of the first day of class in the fall semester of the admission year

Admission Requirements

Listed below are both College and Polysomnographic Technology Program Admission Requirements.

➤ College Admissions requirements:

Apply for admission to Collin College and submit official transcripts from high school and/or all colleges attended to the Admissions Office at any of the campuses. (Please check with the Admissions Office for specific requirements.) Complete the Collin College reading, writing and mathematics assessments. Please consult with an Academic Advisor before taking assessment tests.

➤ Polysomnographic Technology Program:

Checklist for AAS Track:

- Official copies of **all** college transcripts
- Copies of records of required immunizations

Checklist for Certificate Track:

- Official copies of **all** college transcripts if applicable
- Proof of board registry in a healthcare field
- For those without board registry in a healthcare field, submit the employment verification form completed by your employer stating that you have at least a minimum of one year of current work experience in a sleep lab/center.
- Copies of records of required immunizations
- Copy of current BLS card

Except for the program's first semester open enrollment courses, students cannot register for program courses without having been admitted to the program. Registration for program courses is by permission only, except for PSGT 1215, PSGT 1310, and RSPT 1240. RSPT 1237 may also be taken with departmental permission in the spring semester.

Information and applications may be obtained from <http://www.collin.edu/sleep>.

Acceptance into the Polysomnographic Technology Program is selective based on completion of the following procedures:

1. Submit a **Polysomnographic Technology Program Application** (found at www.collin.edu/sleep) and copies of all college transcripts to the Polysomnographic Technology Office (Office H201 at the Central Park Campus in McKinney) **no later than the second Friday in June. The Polysomnographic Technology Program must receive all transcripts and required materials before the deadline for an application to be evaluated.**
2. Become informed about polysomnography and the program:
 - **Informed applicants make better candidates**, and to inform the candidate, the Polysomnographic Technology Program strongly suggests that each applicant participate in a Polysomnographic Technology Information Session. College Academic Advisors can provide dates for these sessions. You may also visit the program website at <http://www.collin.edu/sleep> for current information.

- Applicants who are interested to meet with the Director should schedule the meeting through the division administrative assistant.
 - For more information, contact the Polysomnographic Technology Director at 214-491-6238 or the Division Administrative Assistant at 214-491-6215.
3. Be in good Academic Standing with a GPA of 2.0 or higher.
 4. Attend a program interview. Interviews are scheduled after the application deadline.
 5. The college catalog is a good source for degree information. If this does not answer your questions, you may wish to speak to an Academic Advisor. It is generally recommended that any students transferring from another accredited institution speak with an Academic Advisor. Each campus has Academic Advisors who can help answer your questions.

Notification of Acceptance

Applicants are selected based on the admission criteria and the recommendation of the admissions committee. The admissions committee consists of the Director and faculty members. The Director will send a letter of acceptance to the selected applicants via email as soon as the decision is made. The selected applicants must then notify the program of their intention to join by the date specified in the email. They also must return a completed medical questionnaire and essay. **It is important that the vaccinations, particularly the Hepatitis-B vaccination, be started prior to starting the program to be able to complete the series before lab exercises and clinical rotations. Proof of vaccinations must be provided when responding to the acceptance letter** (see the “Immunization Records” section below). All applicants joining the program must attend a scheduled Polysomnographic Technology student orientation.

Other Special Requirements/ Information

Core Performance Standards

Please refer the Polysomnographic Technology Department’s “**Functional Abilities/Core Performance Standards**” worksheet for a complete list of generally accepted skills that a polysomnographic technologist must possess to function safely and effectively in a variety of clinical settings. If a student is unable to meet any one of the core performance standards listed in the Functional Abilities/Core Performance Standards worksheet, the student must identify all accommodations required to meet the standards outlined. In some cases, accommodations may be formulated or recommended by the Access Office (Disability Services) by contacting them at 972-548-6648. (Please also see the information for the Access Office on the Collin College website.)

Collin College complies with the Americans with Disabilities Act by providing reasonable accommodations for students with documented disabilities. Students with disabilities are encouraged to make an appointment with an Access Advisor prior to applying to the Polysomnographic Technology program to allow for evaluation.

Drug Test

It is standard practice for all employers to drug test hospital workers prior to starting work. Since the Polysomnographic Technology student will be in the hospital/clinical setting participating in patient care, all students will be drug tested prior to the start of the clinical rotation. The Polysomnographic Technology Program may require a drug test prior to the start of any clinical assignment in any semester. For more information on the policies and procedures, please consult the Polysomnographic Technology Student Handbook, available from the Director.

Criminal Background Check

A criminal background check will be required of all students prior to entering the Polysomnographic Technology Program. For more information, please contact the Polysomnographic Technology Director.

Personal Health Insurance

Students are **required** to carry personal health insurance while in the clinical portion of the Polysomnographic Technology Program. Proof of such insurance needs to be made available to the Director prior to clinical rotations. Students should be aware that eligibility for health insurance on their parent or guardian's health insurance may require the student be a full-time enrolled student. The number of semester credit hours in which a student must be enrolled to be considered full-time is defined by Collin College. Students should check with the college Admissions and Records Office to see if they qualify as full-time students.

Immunization Records

The following immunizations are required for clinical placement eligibility. These immunizations align with the requirements by the Texas Department of State Health Services (TDSHS). Clinical partners may require additional vaccinations. Clinical placement is contingent upon complying with the immunization requirements of our clinical partners. Some clinical partners require the COVID vaccine for employees and other populations, including students.

Students are required to provide necessary documents proving that they have completed all immunization requirements:

- Tetanus/Diphtheria/Pertussis: One dose within the last ten years.
- MMR (Mumps, measles, rubella): All students must have **2 MMR vaccinations** prior to beginning the clinical rotation. A titer showing immunity will also be acceptable.
- Hepatitis A vaccination is strongly recommended (there is a Hepatitis A/B Combination vaccine available).
- **Hepatitis B vaccination is required:** Vaccination consists of a three-dose series over a six to seven-month period. **The series must be started before the application deadline and proof must be included with the completed application packet.**
 - For the AAS track:
 - Proof of first injection with application.
 - Proof of second injection at the start of the first semester.
 - Proof of third injection must be provided to the Polysomnographic Technology office by December 10 of the first semester.
 - For the Certificate track:
 - Proof of first two injections with application.
 - Proof of third injection must be provided to the Polysomnographic Technology office by July 1 of the application year.
 - **Students cannot attend clinical rotations without completion of their immunizations. Failure to meet deadlines may result in dismissal from the program.**
- Annual TB skin test with follow-up x-ray documentation for positive skin test results.
- Annual Flu vaccination(s)
- Varicella virus (Chicken pox):
 - Current titer showing immunity
 - Record of 2 doses of varicella vaccination

- Bacterial Meningitis vaccination (Applicants who are older than 22 years of age on the first day of class are exempt.)

Collin College Polysomnographic Technology Program's goal is to graduate competent and safe Polysomnographic Technologists that are satisfied with their level of training and eager to make a difference in the lives of their patients. The Polysomnographic Technology faculty and staff want the student to succeed and will make every reasonable effort to help the student in this process.

Spots in the Polysomnographic Technology Program are limited, and it is the responsibility of the Collin College staff (to the student, local community, and profession) to fill the seat with a student that can meet the goals of the program. **It is also the responsibility of the student to let the Director or faculty know if there are potential obstacles to success. Further, if the Director or faculty observe, or become aware, of any information that might be perceived as a roadblock to success, then the Director may ask the student to participate in an additional meeting to determine whether it is necessary to formulate a strategy to help the student overcome these potential or real obstacles.** A meeting of this type may be required as an additional step in the admissions process for any student that is deemed necessary. The applicant will be notified by email if this type of meeting is required.

Program Coursework for AAS in Polysomnographic Technology

NOTE: Applicants are encouraged to complete as many AAS core courses as possible prior to beginning their specialty courses in Polysomnography (PSGT).

Pre-requisites

Courses		Lecture hours	Lab Hours	Credit Hours
Note: <i>Italicized</i> courses represent “AAS core” courses.				
<i>BIOL 2404</i>	<i>Human Anatomy and Physiology</i>	3	4	4
HPRS 1204	Basic Health Professions Skills	1	3	2
Total Hours:				6

FIRST YEAR

First Semester - Fall

Courses		Lecture hours	Lab Hours	Credit Hours
Note: <i>Italicized</i> courses represent “AAS core” courses.				
<i>ENGL 1301</i>	<i>Composition / Rhetoric I</i>	3	1	3
PSGT 1215	Introduction to Polysomnography	1	2	2
PSGT 1310	Neuroanatomy and Physiology	3	0	3
RSPT 1240	Advanced Cardiopulmonary Anatomy and Physiology	2	0	2
<i>SPCH 1311</i>	<i>Fundamentals of Speech Communication</i> ¹	3	0	3
Total Hours:				13

Second Semester - Spring

Courses		Lecture hours	Lab Hours	Credit Hours
Note: <i>Italicized</i> courses represent “AAS core” courses.				
PSGT 1205	Neurophysiology of Sleep	2	0	2
PSGT 1340	Sleep Disorders	3	0	3
PSGT 1400	Polysomnography I	2	6	4
<i>PSYC 2301</i>	<i>General Psychology</i> ¹	3	0	3
RSPT 1237	Basic Dysrhythmia Interpretation	2	0	2
Total Hours:				14

Third Semester - Summer

Courses		Lecture hours	Lab Hours	Credit Hours
Note: <i>Italicized</i> courses represent “AAS core” courses.				
PSGT 1360	AAS Clinical I – Polysomnography	0	18	3
Total Hours:				3

SECOND YEAR

First Semester - Fall

Courses		Lecture hours	Lab Hours	Credit Hours
Note: <i>Italicized</i> courses represent “AAS core” courses.				
<i>PHIL 2303</i>	<i>Introduction to Logic</i> ¹	3	0	3
PSGT 2205	Sleep Scoring and Staging	1	4	2
PSGT 2411	Polysomnography II	2	6	4
PSGT 2360	Clinical II – Polysomnography	0	18	3
Total Hours:				12

Second Semester - Spring

Courses		Lecture hours	Lab Hours	Credit Hours
Note: <i>Italicized</i> courses represent “AAS core” courses.				
PSGT 2250	Infant and Pediatric Polysomnography	2	1	2
PSGT 2271	Pharmacology for Polysomnography	2	0	2
PSGT 2272	Polysomnography Exam Preparation (Capstone)	1	3	2
PSGT 2361	Clinical III – Polysomnography	0	18	3
PSGT 2374	Clinical Sleep Education	3	1	3
			Total Hours:	12
			GRAND TOTAL	60

1 See program website for acceptable substitutions.

The student is required to receive a grade of “C” or better in all general academic coursework. The minimum grade required in all polysomnography courses is 75% or more for students to progress in the program.

Program Coursework for Certificate in Polysomnographic Technology

Pre-Entrance Requirements

Prior to being admitted to this program, students must provide official documentation showing they have earned board registry in any healthcare field -AND/OR- have a minimum of one year of current work experience in a sleep lab/center.

FIRST YEAR

First Semester - Fall

Courses		Lecture hours	Lab Hours	Credit Hours
PSGT 1260	Certificate Clinical I – Polysomnography	0	12	2
PSGT 1310	Neuroanatomy and Physiology	3	0	3
PSGT 1400	Polysomnography I	2	6	4
RSPT 1240	Advanced Cardiopulmonary Anatomy and Physiology	2	0	2
RSPT 1237	Basic Dysrhythmia Interpretation	2	0	2
Total Hours:				13

Second Semester - Spring

Courses		Lecture hours	Lab Hours	Credit Hours
PSGT 1340	Sleep Disorders	3	0	3
PSGT 2205	Sleep Scoring and Staging	1	4	2
PSGT 2250	Infant and Pediatric Polysomnography	2	1	2
PSGT 2260	Certificate Clinical II - Polysomnography	0	12	2
PSGT 2411	Polysomnography II	2	6	4
Total Hours:				13

Third Semester - Summer

Courses		Lecture hours	Lab Hours	Credit Hours
PSGT 2272	Polysomnography Exam Preparation	1	3	2
Total Hours:				2
GRAND TOTAL				28

The minimum grade required in all polysomnography courses is 75% or more for students to progress in the program.

Class Times

Please note: The exact time schedule for the Polysomnographic Technology Program differs each semester.

Fall Semester First Year

AAS Students:	Tuesday	10:30 AM – 2:00 PM or 01:00 PM – 04:00 PM
Certificate Students:	Lecture Monday or Thursday Lab Monday or Friday Clinical	Online 04:30 PM – 10:30 PM 12 hour overnight

Spring Semester First Year

AAS Students:	Monday and Wednesday Monday or Wednesday Lab	12:00 PM – 3:10 PM 04:30 PM – 10:30 PM
Certificate Students:	Lecture Tuesday or Thursday Lab Wednesday Clinical	Online 04:30 PM – 10:30 PM 12 hour overnight

Summer

AAS Students:	Three Nights of Clinical	10-12 hours overnight
Certificate Students:	Monday	11:00 AM – 5:30 PM

Fall Semester Second Year

AAS Students:	Monday Lecture and Lab Tuesday or Wednesday Lab Tuesday or Wednesday Clinical Thursday Clinical	01:30 PM – 9:30 PM 04:30 PM – 10:30 PM 08:00 PM – 02:00 AM 08:00 PM – 08:00 AM
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Spring Semester Second Year

AAS Students:	Monday Tuesday Clinical Thursday Clinical	10:30 AM – 04:30 PM 09:00 AM – 03:00 PM 08:00 PM – 08:00 AM
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These times are tentative and are subject to change. Times for clinical rotations may differ depending on the hospital/sleep center where it is scheduled. Students should check the semester schedule online for current times and days.

Estimated Costs

The following are approximate costs to be anticipated for the Polysomnographic Technology Program. *

Tuition	See Current Schedule	\$ 3720.00 (AAS)/ \$1736.00 (Certificate)**
Books		\$1150.00
Uniforms		\$150.00
Medical Insurance	During all Clinical Training	Please obtain quote
Supplies	Clinical supplies	\$46.00
Immunization Tracker	Required for Clinicals	\$30.00
Drug Screening	Required for Clinicals	\$30.00
Background Check	Required for Clinicals	Individually based

***Tuition is based on credit hours and residency classification and is subject to change upon approval of the Collin College Board of Trustees.**

**** In-District 2022-2023**

Sources of Additional Information

Information concerning a career in polysomnography is available from:

American Association of Sleep Technologists

<http://www.aastweb.org>
330 N. Wabash Avenue, Suite 2000
Chicago, IL 60611
312-321-5191

Information on gaining credentials as a polysomnographic technologist can be obtained from:

Board of Registered Polysomnographic Technologists

www.brpt.org
4201 Wilson Blvd., 3rd Floor
Arlington, VA 22203
800-935-8115

For the current list of CAAHEP-accredited educational programs for polysomnographic technologist education, write or visit online:

Commission on Accreditation of Allied Health Education Programs

www.caahep.org
9355 – 113th St. N, #7709
Seminole, FL 33775
727-210-2350

Commission on Accreditation for Polysomnographic Technologist Education

www.coapsg.org
1711 Frank Avenue
New Bern, NC 28560
252-626-3238

Collin College Polysomnographic Technology Program:

Director of Polysomnographic Technology Program

Collin College
2200 W. University Dr.
McKinney, TX 75071
214-491-6238 or 214-491-6215

The Programs

The Polysomnographic Technology Program at Collin College offers two program track options: an Associate of Applied Science (AAS) and a Certificate. Upon graduation from either track, the graduate is eligible to sit for the exam required by the Board of Registered Polysomnographic Technologists (BRPT) to become a Registered Polysomnographic Technologist (RPSGT). The AAS track is also eligible to sit for the higher-level Certification in Clinical Sleep Health (CCSH) exam offered by the BRPT after completion of the RPSGT exam.

The tracks in Polysomnographic Technology are described below:

Associate of Applied Science in Polysomnographic Technology

The 22-month Associate of Applied Science (AAS) degree track is for students who do not have a background in healthcare. The graduate receives an Associate of Applied Science degree in Polysomnographic Technology upon completion. 60 credit hours are required to graduate from the AAS track.

Certificate in Polysomnographic Technology

The College offers a 12-month Certificate track for individuals who are board registered in any healthcare field—AND/OR—have a minimum of one year of current work experience in a sleep lab/center. 28 credit hours are required to graduate from the Certificate track.

Transfer Students from Another Accredited Program

The Director reserves the right to accept transfer students. When a transfer student is being considered for entry into the Collin College program, the following procedure is necessary:

1. Meet the admission requirements of the College.
2. Apply for admission to the College.
3. Send the official transcripts of all college work to the Admissions and Records Office.
4. Meet with the academic advisor to evaluate transcripts for general courses.
5. Send the catalog and course descriptions of the student's current Polysomnographic Technology program to the Director.
6. Send a letter of recommendation and current status from the student's current program director/coordinator. This letter must include the program's accreditation status, the college's accreditation status, and the student's standing in the program.
7. Complete a minimum of 18 credit hours at Collin College.

Upon receipt of all the above, the Director, with the help of the academic advisor, will develop a degree plan for the student. This plan must be accepted by the student in writing and followed through. All the requirements of regular admission to the program are applicable to the transfer students as well. Be advised that transferring students may have to repeat courses that they might have taken before to be equal with the Collin College program standards.