

Collin College - Continuing Education

Course Syllabus

Course Title: Sleep Scoring and Staging

Course Number: PSGT 2005

Instructor: Amber Allen, BA, AAS, RPSGT, RST, CCSH

Office Hours: Appointment Only

Email: amberallen@collin.edu

Course Description: Development of skills for sleep scoring, staging, and record preparation.

Hours: 80

Student Learning Outcomes: Upon successful completion of this course, students will be able to:

1. Score and stage sleep studies.
2. Prepare comprehensive sleep record.
3. Identify effects of medication, age, gender, sleep/wake schedules, changes in sleep habits, and other relevant factors.
4. Evaluate pertinent parameters in sleep disorder studies.

Withdrawal Policy: Please visit the Collin College website or student handbook to review withdrawal and tuition refund policies.

Collin College Academic Policies: See the current *Collin Student Handbook*.

Americans with Disabilities Act: Collin College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal opportunity. It is the student's responsibility to contact the ACCESS office, located in B336 at the McKinney Campus, or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

Meeting Location: Canvas

Attendance Policy: Students should expect to spend an average of 6-12 hours weekly to complete basic course requirements. Students must complete all assignments, including exams, as scheduled. Missed assignments result in a grade of zero. Students are expected to monitor Canvas email and announcements several times weekly. If you experience personal computer or email problems, you are expected to find another computer to use. In other words, personal computer or email problems are no excuse for failing to communicate or submit course work.

Session Plan – Each class session will consist of lecture and testing activities.

Week	Quiz	Modules
1	Quiz 1	Module 1: <input type="checkbox"/> Report Parameters for Polysomnography Module 2: <input type="checkbox"/> Scoring Sleep Stages – Wake Module 3: <input type="checkbox"/> Scoring Sleep Stages – N1
2	Quiz 2	Module 4: <input type="checkbox"/> Scoring Sleep Stages – N2 and N3 Module 5: <input type="checkbox"/> Scoring Sleep Stages – REM
3		Exam 1
4	Quiz 3	Module 6: <input type="checkbox"/> Scoring Arousals and Movements Module 7: <input type="checkbox"/> Scoring Cardiac Events
5	Quiz 4	Module 8: <input type="checkbox"/> Respiratory Rules: Scoring Apneas and Hypopneas Module 9: <input type="checkbox"/> Respiratory Rules: Scoring RERAs, Hypoventilation, and Cheyne-Stokes Breathing
6		Exam 2
7	Quiz 5	Module 10: <input type="checkbox"/> Home Sleep Apnea Testing Rules for Adults Module 11: <input type="checkbox"/> Pediatric Scoring Rules Scoring Practice Module 1 Scoring Practice Module 2
8		Comprehensive Final Exam

*****Please carefully read the grading information below. No exceptions will be made. *****

Methods of Evaluation: Students must achieve a minimum score of 75% in each course section.

Grading Rubric:

Item	**Minimum score needed per section**
Quizzes	Average of 75% and Above
Exams	Average of 75% and Above

Only students meeting the minimum grading rubric requirements are eligible to receive a certificate of completion.

Computer Skills Needed: You should know how to access a website when given an address (URL) or link, use features of your web browser, download files, attach files to emails, and use MS Word processing software.