Scoring

Final Exam Review

Specifications

- Minimum digital resolution
- How many seconds to display for staging and arousals
- How many seconds to display for respiratory events
- What is the method used for scoring?

Staging

- EEG waveforms for each stage
- Frequencies of each type of EEG waveform:
  - Alpha
  - Theta
  - Delta
  - Sawtooth
  - Spindles
- What happens at sleep onset

Staging

- Normal percentage amounts of each stage of sleep
- What area of the brain each type of EEG waveform is seen in
- Criteria for:
  - K-Complexes
  - Spindles
  - Vertex waves
  - Arousals
    - When to score in REM
    - How much sleep must precede them
    - Duration requirement and criteria

Staging

- When is each sleep stage most prominent during the night?
- When can you see alpha?
- Definition of sleep onset

Limb Movements

- Duration minimum and maximum
- Amplitude requirement
- Number needed for a series
- For series, each movement needs to be within how many seconds of each other?
- Impedance requirement

Cardiac

- Rate for sinus bradycardia
- Rate for sinus tachycardia
- Sustained rhythms must be how long?
- Duration of asystole in sleep

Apneas

- What parameter to monitor
- Three types and their criteria
- Airflow reduction requirement
- Desat requirement
- Duration requirement

Hypopneas

- What parameter to monitor
- Airflow reduction requirement
- Recommended rule
- Acceptable rule
- Duration requirement
- Obstructive vs central

Other Respiratory Events

- CSR
  - Definition
  - Criteria
  - Do you score the individual centrals?
- HSAT
  - What are the additional allowable respiratory effort belts?

Pediatrics

- Age you can start individual sleep staging
- Rhythm you see in the occipital region in pediatrics
- Where are spindles most prominent in younger children?
- Duration requirement for respiratory events
- Criteria for central apneas and hypoventilation