

FIRST EDITION

Essentials of Polysomnography

**A TRAINING GUIDE AND
REFERENCE FOR SLEEP
TECHNICIANS**



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Snow Canyon Clinic

Most of this sample epochs from sleep studies in this book are from Snow Canyon Clinic in Ivins, Utah. Snow Canyon Clinic began performing studies using the new AASM rules when they were first presented in 2007. Snow Canyon Clinic is a multi-disciplinary medical office that includes a 2-bed sleep lab. www.snowcanyonclinic.com

The Pediatric Sleep Institute

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Kamie Spriggs

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This book is dedicated to the memory of Dennis Glen Spriggs

About the Author

Will Spriggs started working as a sleep technician in 1998 at Salt Lake Regional Medical Center in Salt Lake City, Utah. He earned bachelor's degrees in psychology and sociology from the University of Utah in 2001. By this time, his work in the field of polysomnography had extended to managerial positions. He received his registry in polysomnography in 1999 and helped develop Sleep Management Services in South Jordan, Utah. While employed at Sleep Management Services, Will completed his first book, Principles of Polysomnography. Shortly after, he formed Sleep Ed, LLC, a company designed for developing and selling educational products for sleep technicians. Principles of Polysomnography is used in colleges, universities, hospitals, sleep labs, and physician's offices worldwide. In 2004, Will moved to Dallas, Texas, to work as an Area Manager for Wellnecessities. The following year, Will left Wellnecessities to work at Sleep Healers, where he worked as the Director of Operations. While under their employ, Will helped Sleep Healers grow to be the largest sleep disorder company in North Texas.

Will's newest book, Essentials of Polysomnography, is designed for sleep technicians interested in studying for the board exam, and for training technicians who are new to the field. However, the focus is expanded in this book to include managerial and daytime operations in the sleep lab, as well as an assistance for physicians interested in learning more about screening, diagnosing, and treating sleep disorders in their patients. Essentials of Polysomnography utilizes the updated recording and scoring rules presented by the American Academy of Sleep Medicine in 2007, as well as the Second Edition of the International Classification of Sleep Disorders developed by the American Academy of Sleep Medicine in 2005.

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