



**TRANQ
SLEEP
INSTITUTE**

POLYSOMNOGRAPHIC TECHNOLOGIST PROGRAM

This program consists of 80+ hours of combined virtual lectures, virtual demonstrations, and in-lab training . The program will introduce the student to the principles of Polysomnography, Sleep Disorders, Diagnosis and Therapies.



| Register at: | | https://www.tranqsleepinstitute.com | email: info@tranqsleepinstitute.com | Tel:250-860-8400 |
|--------------------------|--|---|--|-------------------------|
| | | WEEK 1 | | |
| <input type="checkbox"/> | | Program Introduction by Medical Director Role of Sleep Technologist Strategies for Coping with Shift Work Patient Orientation & Education | | |
| <input type="checkbox"/> | | Patient Confidentiality/HIPPA Patient Interview and Assessment Sleep Definition and Function Overview of Sleep Disorder Insomnia Circadian Rhythm Sleep Disorder | | |
| <input type="checkbox"/> | | WEEK 2 | | |
| <input type="checkbox"/> | | Sleep Related Respiratory Disorder Seizures and Sleep Parasomnias | | |
| <input type="checkbox"/> | | Narcolepsy (hypersomnia) RLS and PLMD Other movement Disorder Electrical Activity of the Brain 10-20 system and Electrode Placement | | |
| <input type="checkbox"/> | | WEEK3 | | |
| <input type="checkbox"/> | | Monitor Respiratory Effort Monitoring Limb Movement Artifact Recognition and Trouble Shooting | | |
| <input type="checkbox"/> | | Monitor Airflow Poly Features of Seizure Oxygen and Carbon Dioxide Monitoring Scoring Sleep Stages - AASS scoring rules Scoring Respiratory Event Recording Limb Movement and Scoring PLMs and Arousal | | |
| | | | | |

Register at: <https://www.tranqsleepinstitute.com> **email:** info@tranqsleepinstitute.com **Tel:**250-860-8400

| | | |
|--------------------------|--|---|
| <input type="checkbox"/> | | WEEK 4 |
| <input type="checkbox"/> | | Overview of PAP Therapy Performing CPAP Therapy Alternative Treatment for Sleep Apnea |
| <input type="checkbox"/> | | BiPAP and Non-invasive Ventilation Guideline for Supplemental Oxygen Desensitization Optimizing PAP Therapy Summarizing the PSG Reports and Hypnogram PAP download |
| <input type="checkbox"/> | | WEEK 5 |
| <input type="checkbox"/> | | Pediatric Polysomnography Pediatric Sleep Disordered Breathing Other Pediatric Sleep Disorder |
| <input type="checkbox"/> | | MSLT and MWT Home Sleep Apnea Test - HSAT Actigraphy Amplifier & Digital Instrumentation Calibration Infection Control/Patient Safety Quality Improvements |
| <input type="checkbox"/> | | WEEK 6 |
| <input type="checkbox"/> | | The cardiovascular System Basic Electrocardiography ECG Electrode Application Techniques |
| <input type="checkbox"/> | | Basic ECG – Cardiac Arrhythmias Respiratory Sleep Physiology Anatomy & Physiology of the Upper Airway Psychiatric & Behavioral Disorders Pharmacology Managing Emergencies in the Sleep Lab |
| | | WEEK 7 |
| <input type="checkbox"/> | | Demonstrations: Taking a Sleep History Performing a routine PSG/Review of whole set up and hook up Home Sleep Apnea Test (HSAT level 3 set up demo) Scoring Demonstration: EEG Arousals Respiratory Events Oxygen Desaturations Mask fitting Techniques demo |
| | | |



| | | | | |
|---------------------|--------------------------|---|--|--------------------------|
| Register at: | | https://www.tranqsleepinstitute.com | email: info@tranqsleepinstitute.com | Tel: 250-860-8400 |
| | <input type="checkbox"/> | IN-LAB PRACTICUM | | |
| | <input type="checkbox"/> | Hands-on application in the clinical environment will be scheduled with our team of experienced technologists to further enhance the student's learning experience. Students will be assigned to one of our network of Certified Sleep Labs and will receive updated preceptorship . | | |
| | <input type="checkbox"/> | FINAL EXAM | | |
| | <input type="checkbox"/> | <p>Upon completion of the 80+ Hour PSG program students will be required to take the program's Final Exam. The Final Exam will be provided online by TranqSleep Institute . Students will receive an email with instructions on how to register their testing code and load the final exam into their account</p> <ul style="list-style-type: none"> • The exam consists of 200 multiple-choice questions and students have 4 hours to complete the exam. • Students will have 3 opportunities to pass the exam • Students who do not pass the exam within the three attempts will be required to discuss further plans with the Medical Director and Program Director | | |
| | <input type="checkbox"/> | COMPLETION | | |
| | | Certificate of Completion | | |

The program will be offered on Fridays nights and Saturdays for 7 weekend and will be taught by recognized Sleep Medicine experts and Technologist. Including:

- Dr. Wayne Lai: Medical Director, Neurology, Sleep Medicine Diplomat ,CSCN
- Dr. Susan Kwan: Somnologist, Intensive Care Director & Respirologist MBBS, MRCP , FRCP
- Dr. Salima Amlani: Sleep Medicine, Internal Medicine & Respirology, FRCPC
- Dr. Eugene Okorie: Adult & Geriatric Psychiatry MBBS, MRCPsych, MMedSci, FRCPC
- Dr. Cardiologist: To be Announced
- Vinicio Delgado: Program Director, Certified Clinical Sleep Health Educator BA, RCT, RPSGT
- Winsfield Ling: Program Director BSC, RPSGT
- Khem Ballaho: Sleep Consultant MBA, RPSGT
- Chris Thomas: Lead Polysomnographic Technologist. RPSGT

Our program is designated as a STAR Focus 2 provider under the Board of Polysomnographic Technologists (BRPT). Graduates are eligible to use this Focused Training in conjunction with additional Self-pace Online Module for the RPSGT exam (Pathway 4) and the CPSGT exam (Pathway 3). Our Sleep clinics are Certified by the College of Physicians & Surgeons of British Columbia.

