



# Fundamentals of Sleep Technology Workbook

*Rita Brooks MEd R EEG/EP T, Cynthia Mattice MS RPSGT RST, Teofilo Lee-Chiong MD PhD*

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A companion to the second edition of *Fundamentals of Sleep Technology*, the *Fundamentals of Sleep Technology Workbook*, by the American Association of Sleep Technologists, covers what you need to know as a practicing sleep technologist or when studying for registry exams. Multiple-choice questions, discussion questions, and illustrated case studies make this workbook an excellent tool for self-assessment and review. Written by and for sleep technologists, it provides the information you need to expand your knowledge and succeed in the fast-changing field of sleep technology.

Features:

- Increase your knowledge of testing processes and data analysis, basic anatomy and physiology, normal sleep, and sleep disorders in adult and pediatric patients.
- Practice essential polysomnography skills with numerous questions and practical, research-based answers.
- Challenge yourself with a wide variety of multiple-choice, discussion, and case study questions.
- Find detailed answers to multiple choice questions keyed directly to *Fundamentals of Sleep Technology*, 2nd Edition.
- Prepare confidently for the registry exam and for work in today's advanced sleep labs.
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