

Admission requirements:

- High school diploma
- Passed the CUNY COMPASS exams in reading, writing and math.
- Enrolled in BIO 11 and ENG 12 in the same semester as PSG 100 (or have already taken both)
- Interview with the Program Director

Students in our program will conduct clinical rotations and have access to the best sleep centers in the tri-state area such as:

- Weill Cornell Center for Sleep Medicine
- Methodist Hospital Center for Sleep Disorders
- Mount Sinai School of Medicine Center for Sleep Medicine



**Kingsborough
Community College**

Department of Nursing

Polysomnographic Technology Program

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Kingsborough Community College

AAS in Polysomnographic Technology



The first AAS degree in Polysomnographic Technology in New York City.

(as of April 2014)

This program is approved by the New York State Education Department (NYSED).



What is Polysomnographic Technology?

Sleep technology, also known as Polysomnographic Technology, is a distinct allied health field that studies sleep-related disorders. It involves the measurement of multiple physiological parameters during sleep, combined with observational reporting.

Polysomnographic technicians, or sleep technicians, are healthcare professionals who work as part of a team under the general supervision of a licensed physician to assist in the education, evaluation, and treatment of sleep disorders in patients of all ages.

This Associate in Applied Science (AAS) degree in Polysomnographic Technology is a 60-credit program that will provide in-depth classroom instruction and fieldwork placement in a clinical sleep laboratory. Students will be trained in all aspects of sleep medicine required to work as a professional sleep technician. Upon graduating from this program, students will be eligible to obtain a New York State license to practice as a Polysomnographic Technician (or Sleep Technician).

Employment information

The New York State Department of Education recently passed a law requiring sleep technicians to have a minimum of an associate's degree in Polysomnographic Technology. In New York City, there is a need for well-trained sleep technicians. KCC is the first college in New York City to offer a New York State, Department of Education approved program.

Life as a polysomnographic technician typically involves performing nighttime sleep studies to screen and treat patients for various sleep disorders. Daytime studies and scoring of nighttime records are also common work tasks for senior sleep technicians.

The annual salary for a licensed polysomnographic technician ranges from \$40,000-\$65,000. Full time employment may also include excellent benefits. Many hospitals and laboratories offer full-time work hours comprising three, 12-hour night shifts per week. Per-diem work is also often available. Therefore, sleep technicians can typically continue to pursue higher education (or other interests) while still working full-time.

PSG Curriculum at KCC

General education courses:

ENG 12	Freshman English I	3 cr
ENG 24	Freshman English II	3 cr
BIO 11	Human A & P I	4 cr
BIO 12	Human A & P II	4 cr
PSY 11	General Psych 11	3 cr
MAT 9	College Algebra	3 cr
MAT 20	Elements of Statistics	3 cr
PHI 76	Ethics and Morality in the Health Professions	3 cr

PSG courses:

PSG 100	The Science of Sleep	3 cr
PSG 101	Neuroscience & Pharmacology in Sleep	4 cr
PSG 102	Foundations of Polysomnography I	3 cr
PSG 103	Clinical Practicum I	6 cr
PSG 104	Foundations of Polysomnography I	3 cr
PSG 105	Clinical Polysomnographic Scoring	3 cr
PSG 106	Classification of Sleep Disorders	3 cr
PSG 107	Cardiopulmonary Physiology in Sleep	3 cr
PSG 108	Clinical Practicum II	6 cr