

Certified Polysomnographic Technician Certification Practice Test Questions and Answers

1. What does the term 'montage' refer to in PSG recording?

- A) The arrangement of electrode placements and channel derivations displayed on the PSG screen
- B) The timeline of sleep stages across the night
- C) The sequence of biocalibration maneuvers
- D) The summary report of the study

2. Cheyne-Stokes breathing on PSG is characterized by which pattern?

- A) Irregular rapid breathing with no pattern
- B) Crescendo-decrescendo breathing with central apneas
- C) Snoring with obstructive apneas
- D) Paradoxical breathing with thoracoabdominal asynchrony

3. Which feature is REQUIRED to score a 30-second epoch as Stage N3?

- A) Sleep spindles occupying >20% of the epoch
- B) K-complexes in the first half of the epoch
- C) Slow wave activity (0.5-2 Hz, $\geq 75 \mu\text{V}$) occupying $\geq 20\%$ of the epoch
- D) Theta activity occupying $\geq 50\%$ of the epoch

4. Which chin EMG finding is required to score an epoch as REM sleep?

- A) High chin EMG tone
- B) Intermittent chin EMG bursts only
- C) Relatively low chin EMG tone
- D) Complete absence of chin EMG signal

Answers: 1-A 2-B 3-C 4-C

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