

AASM SLEEP TECHNOLOGIST PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What occurs during hypoventilation?**
 - A. Decreased PCO₂
 - B. Increased PCO₂
 - C. CPOD
 - D. Increase PO₂
- 2. Heated humidity can remedy which conditions associated with sleep testing?**
 - A. Mouth-breathing due to nasal congestion
 - B. Dry throat or nose
 - C. Mouth-breathing due to nasal congestion and dry throat or nose
 - D. Being cold
- 3. Which class of hypnotic agents increases sleep spindle activity?**
 - A. Barbiturates
 - B. Benzodiazepines
 - C. Non-Benzodiazepines
 - D. Stimulants
- 4. Which of the following would be a contradiction of PAP therapy?**
 - A. Tracheostomy
 - B. GERD
 - C. Rhinitis
 - D. COPD
- 5. Sleep spindles are characterized by which frequency range?**
 - A. 8-12 Hz
 - B. 15-18 Hz
 - C. 12-14 Hz
 - D. 4-8 Hz
- 6. What is the most common side effect of proper CPAP use?**
 - A. Nasal congestion
 - B. Eye dryness and pain
 - C. Dizziness
 - D. Tinnitus

7. Which statement best describes the Maintenance of Wakefulness Test (MWT)?

- A. It measures how quickly a person falls asleep in a dark room.
- B. It measures REM latency after sleep onset.
- C. It measures time to fall asleep in a multiple nap protocol.
- D. It assesses the ability to stay awake in a quiet, dim environment.

8. Increasing the gain would result in what change in the EEG waveform?

- A. Decrease the height of the waveform
- B. Attenuate the high frequencies
- C. Increase the height of the waveform
- D. Eliminate slow wave artifact

9. Antidepressants suppress which stage of sleep?

- A. Stage 1
- B. Stage 2
- C. REM
- D. Stage 3

10. Which statement best describes the relationship between P waves and QRS complexes in a healthy rhythm?

- A. There are multiple QRS for every P
- B. Each P wave is followed by a single QRS complex
- C. There is no P wave associated with QRS
- D. P waves occur only after T waves

Answers

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1. B
2. C
3. C
4. A
5. C
6. A
7. D
8. C
9. C
10. B

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Explanations

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1. What occurs during hypoventilation?

- A. Decreased PCO₂
- B. Increased PCO₂**
- C. CPD
- D. Increase PO₂

During hypoventilation, the amount of air moving in and out of the lungs is too small to effectively eliminate the carbon dioxide produced by the body. Because CO₂ isn't being exhaled efficiently, it accumulates in the blood, raising the arterial PCO₂. This elevated PCO₂ is the hallmark of hypoventilation. So, the best answer is increased PCO₂. Decreased PCO₂ would come from overbreathing or hyperventilation. COPD is a chronic lung disease and not the immediate result of a ventilation deficit. Increasing PO₂ is not typical here; oxygen levels usually fall or stay unchanged with hypoventilation, rather than rise.

2. Heated humidity can remedy which conditions associated with sleep testing?

- A. Mouth-breathing due to nasal congestion
- B. Dry throat or nose
- C. Mouth-breathing due to nasal congestion and dry throat or nose**
- D. Being cold

Heated humidity works by delivering warm, moist air through the sleep-study mask, which helps moisturize the nasal and oral passages and makes nasal breathing more comfortable. When nasal passages are congested, people tend to mouth-breathe, which can dry the throat and nose. By increasing the humidity and warmth of the inspired air, mucosal dryness is reduced and nasal resistance can feel more tolerable, easing mouth-breathing that stems from congestion and dryness. Since it addresses both dryness and nasal congestion-related mouth-breathing, it best remedies the combination described. Being cold isn't the primary issue heated humidity targets.

3. Which class of hypnotic agents increases sleep spindle activity?

- A. Barbiturates
- B. Benzodiazepines
- C. Non-Benzodiazepines**
- D. Stimulants

Sleep spindles are brief bursts that occur in stage N2 and arise from thalamocortical circuits modulated by GABA. Hypnotics that enhance GABA-A receptor activity can influence spindle generation, and the non-benzodiazepine hypnotics are GABA-A modulators with a subunit profile that supports the thalamic spindle rhythm. This tends to promote more spindle-rich N2 sleep and preserves overall sleep structure better than older barbiturates or typical benzodiazepines, which can blunt deep sleep or alter sleep architecture in other ways. Stimulants, on the other hand, disrupt sleep and do not promote spindle activity. So the class most associated with increased sleep spindle activity in this context is the non-benzodiazepine hypnotics.

4. Which of the following would be a contradiction of PAP therapy?

A. Tracheostomy

B. GERD

C. Rhinitis

D. COPD

PAP therapy is designed to deliver pressurized air through the upper airway via a mask to keep it from collapsing during sleep. A tracheostomy bypasses the nose and mouth, so the pressurized air from a nasal/oronasal PAP interface wouldn't effectively reach the lungs and could create leaks around the stoma or other issues. Because of this, a tracheostomy is incompatible with standard PAP therapy. The other options aren't contradictions. GERD often coexists with sleep apnea, and PAP therapy can still be used with appropriate management. Rhinitis can be accommodated with humidified air, nasal sprays, or a different mask, so it isn't a barrier. COPD is not a contradiction; PAP, including BiPAP, is commonly used in COPD patients to support ventilation, though individual factors determine suitability.

5. Sleep spindles are characterized by which frequency range?

A. 8-12 Hz

B. 15-18 Hz

C. 12-14 Hz

D. 4-8 Hz

Sleep spindles are brief bursts of rhythmic brain activity in the sigma range, classically around 12 to 14 Hz. They occur mainly during non-REM stage 2 sleep and arise from thalamocortical circuits, helping to stabilize sleep and support memory processing. Among the options, 12–14 Hz best matches the spindle range; frequencies like 8–12 Hz relate more to theta/low sigma and aren't considered spindles, 15–18 Hz lies above the typical spindle range, and 4–8 Hz is delta activity seen in deep sleep. So the 12–14 Hz range is the correct characterization.

6. What is the most common side effect of proper CPAP use?

A. Nasal congestion

B. Eye dryness and pain

C. Dizziness

D. Tinnitus

Nasal congestion is the most common side effect when someone uses CPAP properly. The constant flow of pressurized air through the nose can irritate the nasal passages and cause stuffiness, especially if humidity is low. Using a heated humidifier and ensuring a good mask fit helps reduce this. Eye dryness and pain can occur if there's a leak around the mask that sends air toward the eyes, but this is less common than nasal congestion when the setup is comfortable and well-fitted. Dizziness and tinnitus are much rarer and generally not the primary complaints with proper CPAP use.

7. Which statement best describes the Maintenance of Wakefulness Test (MWT)?

- A. It measures how quickly a person falls asleep in a dark room.
- B. It measures REM latency after sleep onset.
- C. It measures time to fall asleep in a multiple nap protocol.
- D. It assesses the ability to stay awake in a quiet, dim environment.**

Maintenance of Wakefulness Test measures how long a person can stay awake in a quiet, dim environment. The individual sits in a calm room with minimal stimulation and is asked to remain awake for set intervals across the day. The key idea is wakefulness maintenance rather than falling asleep during a nap or obtaining REM sleep; longer times indicate better ability to stay awake, while shorter times point to greater daytime sleepiness. This distinguishes it from tests that assess how quickly someone falls asleep in a dark room, REM latency after sleep onset, or a multiple-nap protocol.

8. Increasing the gain would result in what change in the EEG waveform?

- A. Decrease the height of the waveform
- B. Attenuate the high frequencies
- C. Increase the height of the waveform**
- D. Eliminate slow wave artifact

Gain is the amplification applied to the EEG signal by the amplifier. When you increase gain, all voltages are multiplied, so the waveform deflections become taller on the recording. This is why the height of the waveform increases with higher gain. It doesn't inherently change which frequencies are present or remove artifacts; those come from filtering or artifact management, not simply turning up the gain. If gain is set too high, the signal can saturate and clip, distorting the waveform, but the fundamental effect of increasing gain is to make the waveform taller.

9. Antidepressants suppress which stage of sleep?

- A. Stage 1
- B. Stage 2
- C. REM**
- D. Stage 3

Antidepressants commonly alter sleep architecture by suppressing REM sleep. REM sleep is the stage associated with dreaming and rapid eye movements, and its generation is particularly sensitive to monoaminergic activity in the brainstem. Many antidepressants increase serotonin and/or norepinephrine, which strengthens REM-off pathways and dampens the activity of REM-promoting circuits that rely on acetylcholine. This leads to a later onset of REM, shorter total REM duration, and fewer REM episodes. Other sleep stages (the various NREM stages) can be affected variably by different antidepressants, but the consistent, distinguishing effect across many classes is REM suppression.

10. Which statement best describes the relationship between P waves and QRS complexes in a healthy rhythm?

- A. There are multiple QRS for every P
- B. Each P wave is followed by a single QRS complex**
- C. There is no P wave associated with QRS
- D. P waves occur only after T waves

In a healthy rhythm, the atrial impulse and the ventricular impulse stay in a one-to-one sequence: each P wave represents atrial depolarization and is followed by a single QRS complex representing ventricular depolarization. This demonstrates proper AV conduction and a consistent timing (the PR interval is regular, and the QRS is narrow). That's why the statement "Each P wave is followed by a single QRS complex" is the best description. If you saw multiple QRS complexes for one P, or no P wave at all with a QRS, or P waves appearing after the T wave, you'd be looking at an abnormal rhythm, not a healthy sinus rhythm.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://aasmsleeptechnologist.examzify.com>

We wish you the very best on your exam journey. You've got this!

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