

# Board of Registered Polysomnographic Technologists (BRPT) Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 common side effect can occur with CPAP use?**
  - A. Nasal dryness**
  - B. Aerophagia**
  - C. Headaches**
  - D. Skin irritation**
  
- 2. Which of the following is an adverse effect of CPAP therapy?**
  - A. Sore throat**
  - B. Water retention**
  - C. Regular coughing**
  - D. Excessive sweating**
  
- 3. How long before a nap should a subject stop smoking?**
  - A. 15 minutes**
  - B. 30 minutes**
  - C. 45 minutes**
  - D. 1 hour**
  
- 4. In sleep medicine, what does excessive snoring often signify?**
  - A. Sound sleep quality**
  - B. Potential obstructive sleep apnea**
  - C. Restorative sleep**
  - D. Low respiratory rate**
  
- 5. When can adaptive servo ventilation be considered during a titration study?**
  - A. When hypopneas are resolved**
  - B. In patients with a history of asthma**
  - C. When a down titration has not eliminated Cheyne-Stokes respiration or central emergent apneas**
  - D. Only after a second titration study**

- 6. In which situation can unattended portable monitoring be used as an alternative to in-lab testing?**
  - A. High probability of mild OSA**
  - B. High probability of moderate to severe OSA without comorbid conditions**
  - C. Patient preference for no lab visits**
  - D. Patients with mild insomnia**
  
- 7. What physiological parameter correlates with oxygen levels in the blood during sleep?**
  - A. Heart rate variability**
  - B. Blood oxygen saturation**
  - C. Carbon dioxide levels**
  - D. Electroencephalography readings**
  
- 8. What physiological phenomena are evaluated in a Multiple Sleep Latency Test (MSLT)?**
  - A. Duration of REM sleep**
  - B. Daytime sleepiness and the propensity to fall asleep in a quiet environment**
  - C. Brain electrical activity**
  - D. Heart rate variability**
  
- 9. During stage N2 sleep, if increased snoring and an increasing leak are noted, what should the technician do?**
  - A. Increase the PAP pressure**
  - B. Reposition and adjust the PAP interface**
  - C. Switch to a different mode of therapy**
  - D. Record the events and continue monitoring**
  
- 10. Why is selecting sampling rates according to recommended guidelines important?**
  - A. To reduce equipment costs**
  - B. To enhance patient comfort**
  - C. To minimize aliasing effect**
  - D. To ensure proper signal calibration**

## Answers

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

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## **Explanations**

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**1. What common side effect can occur with CPAP use?**

- A. Nasal dryness
- B. Aerophagia**
- C. Headaches
- D. Skin irritation

Using a Continuous Positive Airway Pressure (CPAP) machine can lead to various side effects, one of which is aerophagia. Aerophagia refers to the swallowing of air, which can occur when the positive pressure from the CPAP machine causes air to enter the esophagus and stomach. This can result in discomfort, bloating, and belching, making it a notable concern for users of CPAP therapy. It's important to recognize that while nasal dryness, headaches, and skin irritation can also occur with CPAP use, aerophagia specifically highlights a unique reaction associated with the airflow dynamics of the CPAP system. The pressure settings, humidification levels, and user adjustments can impact the likelihood of aerophagia, making it essential for patients to communicate any discomfort with their healthcare provider to manage such side effects effectively.

**2. Which of the following is an adverse effect of CPAP therapy?**

- A. Sore throat**
- B. Water retention
- C. Regular coughing
- D. Excessive sweating

Sore throat is considered an adverse effect of CPAP therapy. This discomfort often arises due to airflow delivered by the CPAP machine, particularly if the patient is not accustomed to the constant airflow or if the air pressure settings are too high. The dry air produced can irritate the throat, leading to soreness or dryness, especially if the humidification settings are inadequate or if the device is used without a heated humidifier. While water retention, regular coughing, and excessive sweating can occur for various reasons, they are not typically classified as direct adverse effects of CPAP therapy. For example, water retention may be related to other underlying health conditions rather than the CPAP itself. Regular coughing could stem from multiple causes, such as an upper respiratory infection or allergies, rather than the CPAP use. Excessive sweating may also occur due to other factors, including stress or environmental conditions, rather than being a common result of CPAP therapy.

### 3. How long before a nap should a subject stop smoking?

- A. 15 minutes
- B. 30 minutes**
- C. 45 minutes
- D. 1 hour

The correct answer is based on the understanding of how nicotine affects sleep patterns and the processes involved in preparing for a nap. Nicotine is a stimulant that can interfere with the body's ability to fall asleep by increasing heart rate and promoting alertness. Stopping smoking about 30 minutes before a nap allows enough time for some of the nicotine's stimulating effects to wear off, making it easier for a subject to transition into a restful state. This time frame is generally recommended to minimize the likelihood of experiencing heightened alertness or difficulty falling asleep due to nicotine. Additionally, it aligns with the general guidelines for managing stimulant intake when it comes to sleep hygiene practices.

### 4. In sleep medicine, what does excessive snoring often signify?

- A. Sound sleep quality
- B. Potential obstructive sleep apnea**
- C. Restorative sleep
- D. Low respiratory rate

Excessive snoring is often an indicator of potential obstructive sleep apnea (OSA) due to the physiological mechanisms behind the sounds generated during sleep. When a person snores, it typically implies that there is some form of airway obstruction or narrowing, as the airflow collides with the tissues in the throat during breathing. This obstruction can lead to interrupted breathing patterns, reduced oxygenation, and fragmented sleep cycles characteristic of OSA. As snoring becomes more pronounced or frequent, it raises a concern for clinicians about the possibility of OSA, particularly when accompanied by other symptoms like choking or gasping for breath during sleep, excessive daytime sleepiness, or fatigue. Therefore, identifying excessive snoring can serve as a critical red flag that warrants further evaluation for obstructive sleep apnea, which can have significant health implications if left untreated.

**5. When can adaptive servo ventilation be considered during a titration study?**

- A. When hypopneas are resolved
- B. In patients with a history of asthma
- C. When a down titration has not eliminated Cheyne-Stokes respiration or central emergent apneas**
- D. Only after a second titration study

Adaptive servo ventilation (ASV) is a mode of non-invasive ventilation that is particularly effective for patients experiencing Cheyne-Stokes respiration and central sleep apneas. During a titration study, it is essential to evaluate how well the current therapy is managing the patient's specific respiratory events. When a down titration has failed to resolve issues like Cheyne-Stokes respiration or central emergent apneas, ASV can be considered as it is designed to automatically adjust pressure based on the patient's breathing patterns, potentially improving their condition. This scenario indicates that the existing interventions are insufficient, making ASV a viable alternative to better manage the patient's respiratory issues during sleep. The other options do not align with the appropriate application of ASV during a titration study. For instance, resolving hypopneas or considering a history of asthma does not directly relate to the need or timing for ASV application. Additionally, waiting for a second titration study before considering ASV can delay essential treatment for patients who require immediate interventions for their respiratory disturbances.

**6. In which situation can unattended portable monitoring be used as an alternative to in-lab testing?**

- A. High probability of mild OSA
- B. High probability of moderate to severe OSA without comorbid conditions**
- C. Patient preference for no lab visits
- D. Patients with mild insomnia

Unattended portable monitoring is often utilized as an alternative to in-lab testing when there is a high probability of obstructive sleep apnea (OSA), particularly in cases classified as moderate to severe. This method is suitable in situations where the likelihood of significant apnea events is high, as it allows for gathering necessary data while reducing costs and improving patient convenience. When patients are expected to have moderate to severe OSA, the data obtained from portable monitors can be quite effective for diagnosis without the additional complexities of comorbid conditions that might influence the results or treatment decisions. While the other situations may involve some level of sleep apnea risk, they don't align perfectly with the criteria for utilizing portable monitoring effectively. For example, mild OSA or cases involving mild insomnia may not warrant the same level of urgency or diagnostic resolution that portable monitoring can provide compared to in-lab polysomnography, which is more comprehensive. Patient preference is significant, but it doesn't replace the clinical decision based on the patient's clinical presentation and potential risk factors related to OSA.

**7. What physiological parameter correlates with oxygen levels in the blood during sleep?**

- A. Heart rate variability
- B. Blood oxygen saturation**
- C. Carbon dioxide levels
- D. Electroencephalography readings

Blood oxygen saturation directly measures the amount of oxygen carried in the blood and is a crucial parameter when assessing respiratory function and overall oxygenation during sleep. This measurement is often obtained through a pulse oximeter and is expressed as a percentage of oxygen-saturated hemoglobin relative to total hemoglobin in the blood. Monitoring blood oxygen saturation is essential because low levels can indicate compromised respiratory function, which can lead to conditions such as sleep apnea. As a patient transitions through different sleep stages, varying metabolic demands may affect their oxygen levels; thus, tracking blood oxygen saturation helps clinicians evaluate the effectiveness of respiration and the body's ability to deliver oxygen to tissues. Other physiological parameters listed, such as heart rate variability, carbon dioxide levels, and electroencephalography readings, do not specifically measure oxygen levels and are thus less directly correlated with the assessment of blood oxygenation. Heart rate variability can indicate autonomic nervous system function but does not provide direct information about oxygen saturation. Carbon dioxide levels can indicate respiratory function but are not a direct measure of oxygen levels. Electroencephalography is primarily used to assess brain activity and does not measure respiratory or circulatory parameters.

**8. What physiological phenomena are evaluated in a Multiple Sleep Latency Test (MSLT)?**

- A. Duration of REM sleep
- B. Daytime sleepiness and the propensity to fall asleep in a quiet environment**
- C. Brain electrical activity
- D. Heart rate variability

The Multiple Sleep Latency Test (MSLT) is specifically designed to assess daytime sleepiness and the tendency of an individual to fall asleep in a quiet environment. During the test, patients are allowed to take short naps at regular intervals throughout the day, and their ability to fall asleep is measured. This evaluation helps to quantify the degree of excessive daytime sleepiness, which is a key indicator in diagnosing conditions like narcolepsy or idiopathic hypersomnia. The MSLT is not focused on the duration of REM sleep, which is typically evaluated using a polysomnography study conducted during the night. Although brain electrical activity is recorded during the MSLT, it serves primarily to monitor sleep onset rather than evaluate the overall sleep architecture or problem. Heart rate variability is not a focus of the MSLT; it is more relevant in assessing autonomic function and sleep quality, but not directly tied to daytime sleepiness assessment. Thus, the answer about daytime sleepiness encapsulates the primary purpose of the MSLT.

**9. During stage N2 sleep, if increased snoring and an increasing leak are noted, what should the technician do?**

- A. Increase the PAP pressure**
- B. Reposition and adjust the PAP interface**
- C. Switch to a different mode of therapy**
- D. Record the events and continue monitoring**

Repositioning and adjusting the Positive Airway Pressure (PAP) interface is the most appropriate action to take in response to increased snoring and an increasing leak during stage N2 sleep. This situation often indicates that the mask may not be fitting properly or the position of the patient has led to an increased tendency to obstruct their airway, which can cause leaks and result in snoring. By adjusting the PAP interface, the technician can help ensure that it fits snugly against the patient's face, minimizing leaks and enhancing the effectiveness of the therapy. Proper mask fit is critical in maintaining the therapeutic pressure needed to prevent airway obstruction, thus improving the patient's sleep quality and reducing the incidents of snoring and leaks. If the PAP interface is not adequately sealed, air can escape, resulting in insufficient pressure delivery and making it challenging for the patient to maintain stable breathing patterns during sleep. Therefore, ensuring an optimal fit is essential and can often resolve issues of increased snoring and leaks without the need for more drastic measures like increasing pressure or switching therapy modes.

**10. Why is selecting sampling rates according to recommended guidelines important?**

- A. To reduce equipment costs**
- B. To enhance patient comfort**
- C. To minimize aliasing effect**
- D. To ensure proper signal calibration**

Selecting sampling rates according to recommended guidelines is crucial primarily to minimize the aliasing effect. Aliasing occurs when a signal is sampled at a rate that is insufficient to capture its full characteristics, leading to a distortion in the recorded data. According to the Nyquist theorem, the sampling rate should be at least twice the highest frequency present in the signal to accurately represent it without introducing errors. In polysomnography, where precise measurements of brain waves, muscle activity, and other critical physiological signals are essential for diagnosis and treatment, maintaining an adequate sampling rate is vital. Failure to adhere to recommended guidelines can result in loss of critical information, adversely affecting patient diagnosis and care. While other factors such as equipment costs, patient comfort, and signal calibration can be important in the overall context of polysomnography, they do not directly relate to the technical necessity of preventing aliasing. Aliasing can severely impact the integrity of the recorded signal, making it the most significant reason for adhering to established sampling rate guidelines.

## 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](mailto:hello@examzify.com).**

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

**<https://polysomnographictechbrpt.examzify.com>**

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

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