

CERTIFIED POLYSOMNOGRAPHIC TECHNICIAN (CPSGT) PRACTICE EXAM (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. During bilevel titration, which term is sometimes used to treat central apneas?**
 - A. Pressure support
 - B. Backup rate
 - C. Tidal volume
 - D. IPAP
- 2. In sleep studies, what does the acronym REM stand for?**
 - A. Rapid Eye Movement
 - B. Regular Eye Movement
 - C. Restful Eye Movement
 - D. Rapid Encephalic Monitoring
- 3. What is a common device used to measure oxygen saturation during sleep studies?**
 - A. Electrocardiogram
 - B. Pulse oximeter
 - C. Blood pressure cuff
 - D. Thermometer
- 4. Which of the following medications is commonly used to treat periodic limb movement syndrome (PLMS)?**
 - A. Antidepressants
 - B. Benzodiazepines
 - C. Antihistamines
 - D. Stimulants
- 5. Which of the following might be monitored during a sleep study?**
 - A. Visual acuity
 - B. Gastro-esophageal reflux
 - C. EEG, EOG, and EMG activity
 - D. Nutrition status

- 6. Which of the following is an indicator of excessive daytime sleepiness?**
- A. Frequent cold symptoms
 - B. High energy levels throughout the day
 - C. Difficulty staying awake in quiet environments
 - D. Better sleep quality reported
- 7. What can cause artifacts in EEG readings during a sleep study?**
- A. Caffeine intake prior to testing
 - B. Muscle movements, electrical interference, or improper electrode placement
 - C. External noise from the environment
 - D. Improper light exposure before the study
- 8. What role does the chin electrode serve in a sleep study?**
- A. Measures heart rate variability
 - B. Monitors muscle tone to differentiate between wakefulness and REM sleep
 - C. Records brain wave activity
 - D. Tracks eye movements
- 9. Sleep apnea is most commonly associated with which of the following?**
- A. Excessive daytime sleepiness
 - B. Increased heart rate
 - C. Frequent nightmares
 - D. Sleepwalking
- 10. What common symptom indicates possible sleep apnea?**
- A. Frequent leg movement at night
 - B. Loud snoring
 - C. Difficulty waking up in the morning
 - D. Excessive daytime sleepiness

Answers

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

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Explanations

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1. During bilevel titration, which term is sometimes used to treat central apneas?

- A. Pressure support
- B. Backup rate**
- C. Tidal volume
- D. IPAP

In the context of bilevel titration, the term that is sometimes used to treat central apneas is the backup rate. Central apneas occur when there is a failure of the brain to send appropriate signals to the muscles that control breathing, leading to a pause in breathing. During bilevel positive airway pressure (BiPAP) therapy, the backup rate is a feature that allows the device to automatically deliver a set number of breaths per minute if the patient does not initiate a breath on their own. This mechanism ensures that the patient continues to receive ventilation and minimizes the risk of prolonged apneas, thus providing a safety net for patients experiencing central apneas. The other terms have their applications; for instance, pressure support refers to the level of pressure provided to assist inhalation but does not directly address the frequency of breaths. Tidal volume pertains to the amount of air displaced during one breathing cycle, which is a factor in overall ventilation but not specific to the prevention of central apneas. IPAP (Inspiratory Positive Airway Pressure) indicates the pressure delivered during inhalation but, like pressure support, does not inherently address the issue of breath timing, which is crucial in managing central apneas.

2. In sleep studies, what does the acronym REM stand for?

- A. Rapid Eye Movement**
- B. Regular Eye Movement
- C. Restful Eye Movement
- D. Rapid Encephalic Monitoring

The acronym REM stands for Rapid Eye Movement. This phase of sleep is characterized by quick, random movements of the eyes, which occur under closed eyelids. REM sleep is a crucial part of the sleep cycle and is associated with vivid dreaming, increased brain activity, and physiological changes such as increased heart rate and respiratory irregularities. During a sleep study, understanding the different stages of sleep, particularly REM sleep, is essential because it plays a vital role in the overall quality of sleep. It is in this stage that the brain is quite active, and it is thought to be important for memory consolidation and learning. Therefore, recognizing what REM signifies is fundamental for anyone involved in sleep studies, including polysomnographic technicians.

3. What is a common device used to measure oxygen saturation during sleep studies?

- A. Electrocardiogram
- B. Pulse oximeter**
- C. Blood pressure cuff
- D. Thermometer

A pulse oximeter is a commonly used device in sleep studies to measure oxygen saturation levels in a patient's blood. This non-invasive tool works by attaching to a fingertip or earlobe, using light sensors to detect the amount of oxygen in the blood. Monitoring oxygen saturation is crucial during sleep studies, especially for patients suspected of having sleep apnea, as these conditions can lead to significant drops in oxygen levels during episodes of apnea or hypopnea. The electrocardiogram primarily measures heart activity and rhythms, but it does not provide direct information about oxygen saturation. A blood pressure cuff is used to measure blood pressure and does not have any function in assessing oxygen levels in the blood. A thermometer measures body temperature, which is unrelated to oxygen saturation during sleep studies. Therefore, among these options, the pulse oximeter is the clear and relevant choice for measuring how well oxygen is being supplied to the body's tissues during sleep.

4. Which of the following medications is commonly used to treat periodic limb movement syndrome (PLMS)?

- A. Antidepressants
- B. Benzodiazepines**
- C. Antihistamines
- D. Stimulants

Benzodiazepines are commonly used to treat periodic limb movement syndrome (PLMS) because they have muscle relaxant properties that can help alleviate the involuntary movements associated with the disorder. Additionally, these medications have a sedative effect which can improve overall sleep quality. The calming effects of benzodiazepines can help patients achieve a more restful and uninterrupted sleep, addressing one of the main concerns for individuals suffering from PLMS. While it is essential to consider that other classes of medications may sometimes be used based on specific patient needs, benzodiazepines are often the first line treatment due to their efficacy in managing symptoms and improving sleep continuity.

5. Which of the following might be monitored during a sleep study?

- A. Visual acuity
- B. Gastro-esophageal reflux
- C. EEG, EOG, and EMG activity**
- D. Nutrition status

Monitoring EEG, EOG, and EMG activity during a sleep study is crucial for understanding the various stages of sleep and muscle activity throughout the night. EEG (electroencephalogram) provides insights into brain wave patterns, allowing technologists to determine different sleep stages, including REM (Rapid Eye Movement) and non-REM sleep. EOG (electrooculogram) tracks eye movements, which are particularly significant during REM sleep when most dreaming occurs. EMG (electromyography) measures muscle activity, especially of the chin, which helps in assessing muscle tone during the different sleep phases. These measurements are integral to diagnosing sleep disorders such as insomnia, sleep apnea, and narcolepsy. Unlike some of the other options, which may be relevant in different contexts, the monitoring of EEG, EOG, and EMG is a fundamental aspect of polysomnography and is specifically designed to capture the physiological changes that occur during sleep.

6. Which of the following is an indicator of excessive daytime sleepiness?

- A. Frequent cold symptoms
- B. High energy levels throughout the day
- C. Difficulty staying awake in quiet environments**
- D. Better sleep quality reported

Excessive daytime sleepiness is often characterized by persistent drowsiness and a lack of alertness during the day. One of the key indicators of this condition is the difficulty individuals may experience in remaining awake, especially in quiet or sedentary environments where there is minimal stimulation. These conditions can exacerbate feelings of fatigue, making it challenging to maintain focus or stay awake. When comparing this to the other options, frequent cold symptoms do not directly relate to sleepiness but rather suggest potential underlying health issues. High energy levels throughout the day would typically indicate adequate rest rather than excessive sleepiness. Lastly, better sleep quality reported would indicate that an individual is likely getting sufficient restorative sleep, which contradicts the premise of excessive daytime sleepiness. Thus, experiencing difficulty staying awake in tranquil settings serves as a strong indicator of excessive daytime sleepiness.

7. What can cause artifacts in EEG readings during a sleep study?

- A. Caffeine intake prior to testing
- B. Muscle movements, electrical interference, or improper electrode placement**
- C. External noise from the environment
- D. Improper light exposure before the study

Muscle movements, electrical interference, or improper electrode placement can significantly cause artifacts in EEG readings during a sleep study. When electrodes are improperly placed, they may not capture the brain's electrical activity accurately, leading to misleading results. Muscle movements, which can be caused by twitching or other involuntary actions, create electrical signals that can be confused with brain activity. Additionally, external electrical interference from other devices can introduce noise into the EEG signal, further complicating the interpretation of data. This combination of factors makes this answer the most accurate in the context of identifying sources of artifacts during sleep studies. Other options, while they may influence sleep study results, do not directly relate to the generation of artifacts in EEG readings. For instance, caffeine can affect sleep patterns but is less likely to cause artifacts specifically in the EEG data itself. External noise can be distracting but does not produce artifact in the same way that muscle contractions or electrical interference does. Lastly, improper light exposure might disrupt circadian rhythms but is not a direct factor in the artifacts of EEG recordings.

8. What role does the chin electrode serve in a sleep study?

- A. Measures heart rate variability
- B. Monitors muscle tone to differentiate between wakefulness and REM sleep**
- C. Records brain wave activity
- D. Tracks eye movements

The chin electrode is specifically used in a sleep study to monitor muscle tone, primarily in the submental area, which is important for differentiating between wakefulness and rapid eye movement (REM) sleep. During REM sleep, there is a significant decrease in muscle tone as the body experiences atonia, which prevents the individual from acting out dreams. The data from the chin electrode helps in determining the stages of sleep by assessing whether the individual exhibits this characteristic muscle tone reduction. This aspect is vital for accurate staging of sleep cycles and understanding sleep disorders. While heart rate variability, brain wave activity, and eye movement are monitored using other electrodes and methods in a sleep study, the chin electrode's unique role in assessing muscle tone makes it crucial for understanding transitions between different sleep states.

9. Sleep apnea is most commonly associated with which of the following?

A. Excessive daytime sleepiness

B. Increased heart rate

C. Frequent nightmares

D. Sleepwalking

Sleep apnea is primarily characterized by interruptions in breathing during sleep, which can lead to fragmented sleep patterns and significant disruption to the overall sleep architecture. One of the most common and noticeable effects of this disorder is excessive daytime sleepiness, which occurs due to the lack of restorative sleep. When individuals experience sleep apnea, they may frequently awaken throughout the night, contributing to feelings of fatigue and drowsiness during waking hours. This excessive daytime sleepiness can impact cognitive function, alertness, and overall quality of life. While other options like increased heart rate can occur in conjunction with sleep apnea, they are not as directly linked to the hallmark symptoms of the disorder. Frequent nightmares and sleepwalking, meanwhile, are more associated with different sleep disorders rather than sleep apnea itself. The primary impact of sleep apnea is significant daytime sleepiness due to the poor quality of sleep experienced at night.

10. What common symptom indicates possible sleep apnea?

A. Frequent leg movement at night

B. Loud snoring

C. Difficulty waking up in the morning

D. Excessive daytime sleepiness

Loud snoring is a common symptom that often indicates the presence of sleep apnea. This condition is characterized by intermittent airway obstruction during sleep, which can cause the person to snore loudly as air struggles to pass through the blocked airways. While snoring alone does not definitively diagnose sleep apnea, it is frequently reported by partners of individuals who have the condition. The presence of loud snoring combined with other symptoms can help healthcare providers identify potential sleep apnea. It can prompt further evaluation such as a sleep study, where specific patterns of breathing interruptions can be assessed. Other symptoms, including excessive daytime sleepiness and difficulty waking in the morning, may also be associated with sleep apnea but are not as directly indicative as loud snoring, which often leads to a closer examination of potential obstructive events during sleep.

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:

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

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