

SPRIGGS ESSENTIALS SLEEP TECHNICIANS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://spriggssentialsleeptech.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. What should a sleep technician do first to ensure the proper test is being performed?**
 - A. Contact the physician
 - B. Review the chart for the physician's order
 - C. Ask the patient for a chief complaint
 - D. Perform physiological calibrations
- 2. The frequency of a waveform can be altered by adjusting its?**
 - A. Sensitivity setting
 - B. Filter
 - C. Color
 - D. Paper speed
- 3. Which of the following is a primary symptom of insomnia?**
 - A. Excessive sleepiness during the day
 - B. Difficulty falling asleep or staying asleep
 - C. Frequent nightmares
 - D. A consistent need for napping
- 4. What is a characteristic symptom of restless legs syndrome (RLS)?**
 - A. Sleepwalking
 - B. Intense itching in the legs
 - C. Uncontrollable urges to move the legs
 - D. Frequent night terrors
- 5. When determining electrode placements, which two points are crucial for accurate measurement?**
 - A. A. Oz and T3
 - B. B. Pre-auricular points
 - C. C. O2 and C4
 - D. D. Fp1 and Fp2

6. What benefit does maintaining a consistent sleep schedule provide?

- A. It improves dietary habits
- B. It enhances emotional resilience
- C. It regulates circadian rhythms
- D. It boosts physical exercise levels

7. Which type of medication is known to cause sleep disturbances?

- A. Analgesics
- B. Stimulants
- C. Antipyretics
- D. Proton pump inhibitors

8. Electrical interference can best be prevented if which of the following actions is taken?

- A. The 60-Hz filter is applied.
- B. The high-frequency filter is set at 15 Hz.
- C. The impedances of input electrodes are similar.
- D. Two ground leads are used.

9. What effect does caffeine have on sleep onset?

- A. It quickens sleep onset
- B. It delays sleep onset
- C. It has no effect on sleep onset
- D. It enhances sleep quality

10. What are common comorbidities associated with sleep apnea?

- A. Asthma, diabetes, and obesity
- B. Hypertension, depression, and cardiovascular diseases
- C. Hypoglycemia, insomnia, and chronic fatigue syndrome
- D. Allergies, migraines, and seasonal affective disorder

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What should a sleep technician do first to ensure the proper test is being performed?

- A. Contact the physician
- B. Review the chart for the physician's order**
- C. Ask the patient for a chief complaint
- D. Perform physiological calibrations

The first step a sleep technician should take to ensure the proper test is being performed is to review the chart for the physician's order. This is crucial because the physician's order provides specific information about the type of sleep study required, including the indications for the test, which conditions are to be diagnosed, and any particular protocols that must be followed. Having this information ensures that the technician is conducting the correct type of study – whether it is a polysomnography, home sleep apnea test, or a continuous positive airway pressure (CPAP) titration study, for example. The order acts as the foundation for the entire testing process, guiding what equipment to set up and how to interpret the findings appropriately. While contacting the physician, asking the patient about their chief complaint, and performing physiological calibrations are important parts of the testing process, they should come after reviewing the physician's order. Only with a clear understanding of what the physician has prescribed can the technician proceed with confidence and clarity.

2. The frequency of a waveform can be altered by adjusting its?

- A. Sensitivity setting
- B. Filter**
- C. Color
- D. Paper speed

The frequency of a waveform is directly related to how often the waveform cycles occur within a given time period. By adjusting the filter, you can effectively modify the frequency components that are emphasized or attenuated within the signal. Filters are designed to pass or block certain frequency ranges, which means that when you alter a filter's characteristics—such as its cutoff frequency—you change how the waveform appears, particularly in terms of its frequency content. In contrast, sensitivity settings determine how much electrical signal is amplified or displayed but do not change the frequency of the waveform itself. The color of the waveform's display is a visual feature that does not impact the frequency. Similarly, while adjusting paper speed can affect how quickly the waveform is drawn on a recording device, it does not alter the frequency of the waveform itself; instead, it affects the time scale at which the waveform is represented. Thus, modifying the filter is the correct action to change the frequency characteristics of the waveform.

3. Which of the following is a primary symptom of insomnia?

- A. Excessive sleepiness during the day
- B. Difficulty falling asleep or staying asleep**
- C. Frequent nightmares
- D. A consistent need for napping

The primary symptom of insomnia is characterized by difficulty falling asleep or staying asleep. This condition can manifest in various forms, including trouble initiating sleep, frequent awakenings during the night, and waking up too early without the ability to return to sleep. The core aspect of insomnia is the impact it has on nighttime sleep quality and duration, which subsequently disrupts daytime functioning. While excessive sleepiness during the day is often a consequence of poor sleep, it stems from the underlying issue of insomnia itself rather than being a direct symptom. Frequent nightmares and a consistent need for napping are related to different sleep disorders or sleep-related issues that do not specifically define insomnia. In essence, the definitive feature of insomnia revolves around the difficulties encountered with sleep onset and maintenance.

4. What is a characteristic symptom of restless legs syndrome (RLS)?

- A. Sleepwalking
- B. Intense itching in the legs
- C. Uncontrollable urges to move the legs**
- D. Frequent night terrors

Restless Legs Syndrome (RLS) is primarily characterized by an overwhelming and uncontrollable urge to move the legs, typically due to uncomfortable sensations. This urge usually occurs when a person is at rest, such as during the evening or while sitting still, and is often relieved by movement, which distinguishes it from other conditions. Patients may describe the sensations as crawling, tingling, or an uncomfortable feeling in the legs, which compels them to get up and move around. The nature of RLS can significantly impact a person's ability to relax or fall asleep, leading to sleep disturbances and daytime fatigue. Therefore, the characteristic symptom of uncontrollable urges to move the legs is central to the diagnosis and understanding of RLS, making it the correct choice in this context.

5. When determining electrode placements, which two points are crucial for accurate measurement?

- A. A. Oz and T3
- B. B. Pre-auricular points**
- C. C. O2 and C4
- D. D. Fp1 and Fp2

The points identified as crucial for accurate electrode measurement are the pre-auricular points. These anatomical landmarks are located in front of the ear and serve as reference points for placing electrodes in the correct position, ensuring consistent and reliable readings of the electrical activity of the brain. Proper electrode placement is essential in sleep studies to capture accurate data, as incorrect positioning can lead to artifacts or misinterpretation of results. In sleep studies, the pre-auricular points assist in establishing a reliable baseline, particularly when referencing the locations of other electrodes on the scalp. This ensures that the measurements taken are representative of the neurological activity of the patient during sleep, allowing for better diagnostics and treatment planning.

6. What benefit does maintaining a consistent sleep schedule provide?

- A. It improves dietary habits
- B. It enhances emotional resilience
- C. It regulates circadian rhythms**
- D. It boosts physical exercise levels

Maintaining a consistent sleep schedule plays a crucial role in regulating circadian rhythms, which are the body's natural 24-hour cycles that dictate sleep-wake patterns and other physiological processes. A regular sleep schedule helps synchronize the body's internal clock, leading to improved sleep quality and overall health. Consistency in sleep timing reinforces the body's natural rhythms, making it easier to fall asleep and wake up at the desired times. When the sleep-wake cycle is aligned with these circadian rhythms, it can also enhance the production of hormones like melatonin, which is essential for initiating sleep. This regularity can lead to more restorative sleep cycles, improved alertness during the day, and can contribute to better long-term health outcomes, including improved mood and cognitive function. In summary, the primary benefit of maintaining a consistent sleep schedule is its ability to regulate and stabilize circadian rhythms, promoting better sleep and overall well-being.

7. Which type of medication is known to cause sleep disturbances?

- A. Analgesics
- B. Stimulants**
- C. Antipyretics
- D. Proton pump inhibitors

Stimulants are known to cause sleep disturbances because they work by increasing alertness and energy levels, which can interfere with the ability to fall asleep or stay asleep. This class of medications often includes not only prescription drugs for attention deficit hyperactivity disorder (ADHD) but also over-the-counter stimulants like caffeine. Their mechanism of action typically inhibits the natural processes that promote sleep, leading to increased wakefulness, difficulty in settling down, and fragmented sleep patterns. In contrast, analgesics, antipyretics, and proton pump inhibitors typically do not have the same direct impact on sleep regulation. While certain analgesics may have side effects that indirectly affect sleep, they are not primarily known for inducing wakefulness. Antipyretics mainly function to reduce fever, and proton pump inhibitors are designed to manage gastroesophageal reflux disease and related conditions; neither is primarily linked to sleep disturbances.

8. Electrical interference can best be prevented if which of the following actions is taken?

- A. The 60-Hz filter is applied.
- B. The high-frequency filter is set at 15 Hz.
- C. The impedances of input electrodes are similar.**
- D. Two ground leads are used.

Preventing electrical interference is crucial for obtaining accurate and reliable sleep study data. When the impedances of input electrodes are similar, it ensures that the signals being recorded are consistent and comparable. This homogeneity helps reduce the likelihood of noise and artifacts that can be introduced by discrepancies in electrode properties. A consistent impedance allows for a more stable recording environment and minimizes the potential for interference from external electrical sources. In sleep studies, where physiological signals such as EEG, EOG, and EMG are captured, having similar impedances across electrodes ensures that the signals remain clear and interpretable. This is particularly important, as variations in impedance can lead to differential effects on signal quality, potentially introducing unwanted noise that complicates analysis. While using filters and grounding techniques can help manage interference, the fundamental principle of maintaining similar electrode impedance directly impacts the quality of the recorded data most effectively.

9. What effect does caffeine have on sleep onset?

- A. It quickens sleep onset
- B. It delays sleep onset**
- C. It has no effect on sleep onset
- D. It enhances sleep quality

Caffeine is a central nervous system stimulant that can significantly affect sleep patterns. Specifically, it is known to delay sleep onset. This occurs because caffeine blocks the action of adenosine, a neurotransmitter that promotes sleep and relaxation. By inhibiting adenosine, caffeine keeps individuals more alert and awake, making it more difficult for them to fall asleep. Moreover, caffeine can impact the overall structure of sleep by reducing the amount of deep sleep, further contributing to difficulties in initiating sleep. Studies have shown that even moderate consumption of caffeine in the hours leading up to bedtime can lead to a noticeable delay in the time it takes to fall asleep, which is why understanding its effects is crucial for both sleep technicians and individuals concerned about their sleep quality. In contrast, other possibilities such as caffeine quickening sleep onset, having no effect, or enhancing sleep quality do not align with the established research regarding caffeine's role in sleep physiology. This understanding is important for sleep health education and interventions to improve sleep quality.

10. What are common comorbidities associated with sleep apnea?

- A. Asthma, diabetes, and obesity
- B. Hypertension, depression, and cardiovascular diseases**
- C. Hypoglycemia, insomnia, and chronic fatigue syndrome
- D. Allergies, migraines, and seasonal affective disorder

The correct selection highlights hypertension, depression, and cardiovascular diseases as common comorbidities associated with sleep apnea. This is based on extensive research that has established a strong connection between sleep apnea and these health conditions. Hypertension is prevalent among those with sleep apnea because the repeated episodes of apnea can lead to increased blood pressure due to the stress of wakefulness during sleep interruptions. This often results in mechanisms that elevate heart rate and blood pressure. Depression also frequently coexists with sleep apnea. The disruption of normal sleep patterns can lead to mood disorders, as insufficient and fragmented sleep negatively impacts overall mental health. Individuals with sleep apnea often report higher levels of anxiety and depressive symptoms. Cardiovascular diseases are another significant concern, as sleep apnea is associated with an increased risk of heart failure, stroke, and arrhythmias. The intermittent hypoxia and associated stress responses from sleep apnea can lead to cardiovascular complications. In contrast, other answer choices present conditions that are less commonly linked to sleep apnea. Asthma, diabetes, and obesity do have connections to sleep disorders, but they do not reflect the immediate or most prevalent comorbidities directly associated with sleep apnea. Conditions like hypoglycemia, insomnia, and chronic fatigue syndrome are also not typical comorbid

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://spriggsessentialssleeptech.examzify.com>

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

SAMPLE