

# Spriggs Polysomnography 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 might frequent RERAs indicate in a sleep study?**
  - A. Healthy sleep patterns**
  - B. Increased risk of insomnia**
  - C. Potential sleep-disordered breathing**
  - D. Normal variations in breathing**
  
- 2. What is one of the primary concerns with someone experiencing a night terror?**
  - A. They may act out their fears**
  - B. They always remember the event**
  - C. They will have residual fatigue**
  - D. They often seek medical help**
  
- 3. What scoring rule is modified when scoring a pediatric sleep study?**
  - A. More emphasis on REM duration**
  - B. Stage N is determined based on defined parameters**
  - C. Stage N cannot be determined when it is not REM**
  - D. Reduction of time spent in deep sleep**
  
- 4. What advantage does using an oral appliance offer for patients with mild to moderate sleep apnea?**
  - A. It is a permanent solution**
  - B. It provides a comfortable alternative to CPAP**
  - C. It eliminates the need for any other treatments**
  - D. It is only used in serious cases of OSA**
  
- 5. Which stage of sleep is characterized by light sleep and a brief transition into deeper stages?**
  - A. NREM**
  - B. N2**
  - C. N1**
  - D. REM**

**6. Which surgical procedure is commonly performed to treat sleep apnea by removing the tonsils and adenoids?**

- A. Somnoplasty**
- B. Nasal surgery**
- C. Adentonsillectomy**
- D. Hypoglossal nerve stimulation**

**7. Why are leg movements significant during sleep studies?**

- A. They can indicate bruxism**
- B. They can indicate RLS, PLMD, or apneas**
- C. They indicate deep sleep**
- D. They are normal and expected**

**8. What is a common co-morbidity associated with obstructive sleep apnea?**

- A. Diabetes**
- B. Hypertension**
- C. Depression**
- D. Osteoporosis**

**9. Why is it important to keep detailed scoring notes during a sleep study?**

- A. It assists in billing procedures**
- B. It helps the doctor diagnose**
- C. It's a requirement for accreditation**
- D. It streamlines the patient's sleep diary**

**10. What are the different types of apneas?**

- A. Obstructive, Central, Mixed, and Snoring**
- B. Hypertension, Obstructive, Central, and Snoring**
- C. OSA, Hypopnea, Central Apnea, and RERA**
- D. OSA, Apnea, Mixed Apnea, and Cheyne-Stokes Breathing**

## **Answers**

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

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## **Explanations**

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## 1. What might frequent RERAs indicate in a sleep study?

- A. Healthy sleep patterns
- B. Increased risk of insomnia
- C. Potential sleep-disordered breathing**
- D. Normal variations in breathing

Frequent respiratory effort-related arousals (RERAs) observed in a sleep study suggest a potential issue with sleep-disordered breathing. RERAs occur when there is an increase in respiratory effort leading to an arousal from sleep, but without the full criteria required for apnea or hypopnea. The presence of numerous RERAs can indicate that the individual is experiencing episodes of insufficient airflow or breathing irregularities that may disrupt sleep quality. This is significant because it can be a precursor or symptom of conditions such as obstructive sleep apnea, where breathing becomes impaired during sleep, leading to repeated awakenings. Observing RERAs necessitates further evaluation and possibly intervention to address what might be underlying sleep-disordered breathing. Understanding the implications of frequent RERAs allows healthcare providers to identify patients at risk and manage their sleep health effectively.

## 2. What is one of the primary concerns with someone experiencing a night terror?

- A. They may act out their fears**
- B. They always remember the event
- C. They will have residual fatigue
- D. They often seek medical help

The primary concern with someone experiencing a night terror is that they may act out their fears. Night terrors, which occur during deep non-REM sleep, often involve intense fear, agitation, and physical movements. During an episode, the individual may get out of bed, scream, or engage in unusual behaviors without being consciously aware of it. This can pose a risk to the person if they inadvertently injure themselves or harm someone else in their distress. Unlike nightmares, which typically occur during REM sleep and are remembered upon waking, night terrors are generally not recalled by the individual. Therefore, the chance of reminding the event afterward is low, making the potential for acting out during an episode a much more pressing concern.

### 3. What scoring rule is modified when scoring a pediatric sleep study?

- A. More emphasis on REM duration
- B. Stage N is determined based on defined parameters
- C. Stage N cannot be determined when it is not REM**
- D. Reduction of time spent in deep sleep

The scoring rule that is modified when scoring a pediatric sleep study is that stage N cannot be determined when it is not REM. In pediatric sleep studies, the scoring of sleep stages is particularly sensitive due to the developmental differences seen in children compared to adults. During childhood, the sleep architecture features more frequent transitions between sleep stages, and the definitions of these stages may not align directly with adult norms. Rem sleep plays a crucial role in the development of the brain in children, and the identification of non-REM sleep (stage N) becomes complicated when it is not distinctly categorized. This is primarily because children's sleep patterns, including the presence and characteristics of REM and non-REM sleep, can differ significantly from what is observed in adults, leading to a unique scoring approach. In practice, healthcare practitioners scoring a pediatric sleep study must take into account that the transitional nature of children's sleep cycles can obscure clear delineations of the stages. Therefore, the determination of stage N, and its relationship to the overall sleep study, is adapted to better reflect these nuances in children's sleep patterns.

### 4. What advantage does using an oral appliance offer for patients with mild to moderate sleep apnea?

- A. It is a permanent solution
- B. It provides a comfortable alternative to CPAP**
- C. It eliminates the need for any other treatments
- D. It is only used in serious cases of OSA

Using an oral appliance as a treatment for mild to moderate sleep apnea offers significant benefits, particularly in terms of comfort. These devices are designed to reposition the jaw and tongue to keep the airway open during sleep, making them a non-invasive option compared to continuous positive airway pressure (CPAP) therapy, which can often be uncomfortable for patients due to factors such as airflow pressure and mask fit. Many patients find oral appliances to be easier to tolerate and less disruptive to their sleep than CPAP machines. While oral appliances may not be a permanent solution like surgical interventions, they serve as an effective and more pleasant alternative for ongoing management of sleep apnea symptoms. This aspect makes them particularly appealing for individuals who experience difficulties with CPAP or are looking for a less cumbersome option. It's important to note that oral appliances may not completely eliminate the need for other treatments, especially in more severe cases of obstructive sleep apnea (OSA), which is why they are typically considered for cases characterized as mild to moderate. They are not exclusively used in serious cases, nor do they provide a one-size-fits-all solution.

**5. Which stage of sleep is characterized by light sleep and a brief transition into deeper stages?**

- A. NREM**
- B. N2**
- C. N1**
- D. REM**

The stage of sleep characterized by light sleep and a brief transition into deeper stages is N1, also known as the initial stage of NREM sleep. During this period, a person begins to drift into sleep, experiencing a decrease in heart rate and muscle activity. N1 typically lasts for only a few minutes and serves as the bridge between wakefulness and deeper sleep stages. In this stage, individuals may experience various phenomena, such as hypnic jerks or sensations of falling, which can lead to temporary wakefulness. As the body continues to relax, it transitions into deeper sleep stages, particularly N2 and N3. The distinction of N1 as light sleep emphasizes its role as the initial phase before entering the more restorative and deeper stages (N2 and N3), whereas REM sleep, which is often associated with vivid dreaming, occurs later in the sleep cycle.

**6. Which surgical procedure is commonly performed to treat sleep apnea by removing the tonsils and adenoids?**

- A. Somnoplasty**
- B. Nasal surgery**
- C. Adentonsillectomy**
- D. Hypoglossal nerve stimulation**

The procedure commonly performed to treat sleep apnea by removing the tonsils and adenoids is known as adenotonsillectomy. This surgical intervention is particularly effective in children who have enlarged tonsils and adenoids, as these can obstruct the airway during sleep and lead to apnea. By removing these tissues, adenotonsillectomy can help alleviate the blockages that cause breathing disturbances in sleep apnea patients. Other surgical procedures, while they may be related to the treatment of sleep apnea, do not specifically focus on the removal of tonsils and adenoids. For instance, somnoplasty involves the use of radiofrequency energy to shrink tissues in the throat, which is a different approach. Nasal surgery may address structural issues in the nasal passages but does not typically involve the tonsils or adenoids. Hypoglossal nerve stimulation is a technique that involves implanting a device to stimulate the nerve controlling the tongue, helping to prevent airway collapse during sleep, rather than removing obstructive tissue. Therefore, adenotonsillectomy is the most direct and relevant procedure related to the removal of tonsils and adenoids to treat sleep apnea.

## 7. Why are leg movements significant during sleep studies?

- A. They can indicate bruxism
- B. They can indicate RLS, PLMD, or apneas**
- C. They indicate deep sleep
- D. They are normal and expected

Leg movements during sleep studies are significant because they can be indicative of specific sleep disorders such as Restless Legs Syndrome (RLS), Periodic Limb Movement Disorder (PLMD), and sleep apnea. In the context of these conditions, leg movements can disrupt normal sleep and indicate an underlying issue that may need to be addressed. RLS is characterized by an uncontrollable urge to move the legs, often accompanied by uncomfortable sensations, primarily occurring during rest or inactivity, especially in the evening or night. In contrast, PLMD involves involuntary leg movements during sleep, which can lead to frequent awakenings and fragmented sleep. Both conditions can significantly affect sleep quality and overall health. Monitoring these movements during polysomnography helps clinicians diagnose these disorders accurately and differentiate them from other potential sleep-related issues. Recognizing these movements as potential markers of underlying conditions allows for appropriate interventions and treatment strategies to improve sleep quality and overall patient well-being.

## 8. What is a common co-morbidity associated with obstructive sleep apnea?

- A. Diabetes
- B. Hypertension**
- C. Depression
- D. Osteoporosis

Hypertension is a common co-morbidity associated with obstructive sleep apnea due to the physiological changes that occur during apneic events. In obstructive sleep apnea, airway obstruction leads to intermittent hypoxia and sleep fragmentation, which can activate the sympathetic nervous system and increase levels of stress hormones such as cortisol. These factors contribute to elevated blood pressure. Individuals with obstructive sleep apnea are often found to have higher incidences of hypertension compared to those without the condition. It is particularly noteworthy that treating obstructive sleep apnea, such as with continuous positive airway pressure (CPAP) therapy, can sometimes lead to improvements in blood pressure levels. This relationship highlights how interconnected sleep disorders and cardiovascular health are, emphasizing the importance of screening for hypertension in patients diagnosed with obstructive sleep apnea. While other co-morbidities like diabetes, depression, and osteoporosis can also be associated with obstructive sleep apnea, the strong and direct connection between obstructive sleep apnea and hypertension makes hypertension a standout co-morbid condition.

## 9. Why is it important to keep detailed scoring notes during a sleep study?

- A. It assists in billing procedures
- B. It helps the doctor diagnose**
- C. It's a requirement for accreditation
- D. It streamlines the patient's sleep diary

Keeping detailed scoring notes during a sleep study is crucial because it significantly aids the clinician in making an accurate diagnosis. These notes provide objective data on various sleep parameters, such as sleep stages, respiratory events, and movement patterns. This information is essential for identifying sleep disorders, such as sleep apnea, insomnia, or restless legs syndrome, and allows the healthcare provider to evaluate the effectiveness of any interventions. The scoring notes also give healthcare professionals a clear picture of the patient's sleep architecture and can highlight abnormalities that may not be apparent through subjective reports alone. By relying on these detailed observations, the physician can create a more effective treatment plan tailored to the specific needs of the patient, ultimately improving their quality of life.

## 10. What are the different types of apneas?

- A. Obstructive, Central, Mixed, and Snoring
- B. Hypertension, Obstructive, Central, and Snoring
- C. OSA, Hypopnea, Central Apnea, and RERA
- D. OSA, Apnea, Mixed Apnea, and Cheyne-Stokes Breathing**

The types of apneas are primarily categorized based on their underlying mechanisms and characteristics during sleep. The correct answer highlights the three main types of apneas: Obstructive Sleep Apnea (OSA), Mixed Apnea, and Central Apnea, along with the specific pattern of Cheyne-Stokes Breathing. Obstructive Sleep Apnea occurs when there is a blockage in the airway during sleep, leading to episodes of breathing cessation. In contrast, Central Apnea is characterized by a failure of the brain to send the appropriate signals to the muscles that control breathing, resulting in a pause in breathing without any obstruction. Mixed Apnea combines elements of both obstructive and central apneas, where an initial central apnea is followed by an obstructive component. Cheyne-Stokes Breathing is not classified as a type of apnea per se, but it refers to a particular pattern of breathing characterized by cyclical periods of hyperventilation and hypo ventilation, which can occur in conjunction with central apneas. The presence of these categories is essential for diagnosing and determining treatment for individuals with sleep-related breathing disorders. Understanding the distinctions among these types of apneas helps healthcare professionals provide targeted interventions, leading to improved patient outcomes.

# 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://spriggpspolysomnography.examzify.com>**

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

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