

SPRIGGS POLYSOMNOGRAPHY PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://spriggspolysomnography.examzify.com>



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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

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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. Why is reviewing a patient's medical history important before a polysomnography?**
 - A. It speeds up the testing process
 - B. It ensures greater patient comfort
 - C. It helps identify risk factors
 - D. It helps in billing and insurance processes
- 2. What is resistance?**
 - A. The degree to which an object opposes or resists electrical current
 - B. The measure of voltage in a circuit
 - C. The flow of electric charge through a conductor
 - D. The potential difference across a circuit
- 3. What is the role of a technician during a polysomnography study?**
 - A. To administer medication to the patient
 - B. To monitor the equipment and observe patient responses throughout the night
 - C. To interpret and diagnose sleep disorders
 - D. To prepare the patient for surgery
- 4. Why is the body position of patients monitored during sleep studies?**
 - A. To control room temperature
 - B. To identify positional trends
 - C. To adjust equipment placement
 - D. To measure side effects of medications
- 5. What role does patient compliance play in the effectiveness of sleep apnea treatment?**
 - A. It has no impact on treatment success
 - B. It can significantly hinder treatment outcomes
 - C. It is essential for achieving positive outcomes
 - D. It is less important than initial diagnosis

- 6. What monitoring devices are optimal for recording EEG and EMG?**
- A. EEG - Clip electrodes, EMG - Clip electrodes
 - B. EEG - Cup electrodes, EMG - Snap electrodes
 - C. EEG - Stick-on electrodes, EMG - Stick-on electrodes
 - D. EEG - Disc electrodes, EMG - Cup electrodes
- 7. What is a CPAP machine used for in sleep medicine?**
- A. To provide oxygen therapy for patients
 - B. To treat insomnia by improving sleep hygiene
 - C. To treat obstructive sleep apnea by providing continuous positive airway pressure
 - D. To monitor sleep patterns and cycles
- 8. How does stage N3 sleep change as we age?**
- A. It becomes more
 - B. It remains the same
 - C. It becomes less
 - D. It varies widely
- 9. What aspect of sleep health can REM sleep indicate?**
- A. Physical health only
 - B. Overall sleep health
 - C. Only mental health
 - D. The likelihood of sleepwalking
- 10. What is the primary purpose of recording EEGs during polysomnography (PSG)?**
- A. To measure heart activity
 - B. To detect brain waves from specific areas of the cortex
 - C. To monitor eye movements
 - D. To assess muscle tone

Answers

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

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Explanations

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1. Why is reviewing a patient's medical history important before a polysomnography?

- A. It speeds up the testing process
- B. It ensures greater patient comfort
- C. It helps identify risk factors**
- D. It helps in billing and insurance processes

Reviewing a patient's medical history before conducting a polysomnography is essential because it helps identify risk factors that may influence the patient's sleep patterns and overall health. Understanding the patient's previous health issues allows clinicians to tailor the polysomnography to assess for specific conditions, such as sleep apnea, narcolepsy, or other sleep disorders. Additionally, knowing past medical history can help detect co-morbidities that may affect the results of the sleep study or the patient's response to treatment. This understanding not only guides the testing procedures but also informs subsequent clinical management and intervention strategies for optimal patient care.

2. What is resistance?

- A. The degree to which an object opposes or resists electrical current**
- B. The measure of voltage in a circuit
- C. The flow of electric charge through a conductor
- D. The potential difference across a circuit

Resistance refers to the degree to which an object opposes the flow of electrical current. It is a fundamental property of materials and is measured in ohms (Ω). When electric current encounters resistance, it converts some of the energy from the current into heat, which is why resistive components in circuits can become warm during operation. Understanding resistance is essential in electrical engineering and physics, as it affects how circuits function. The higher the resistance, the less current will flow through the material for a given voltage, in accordance with Ohm's Law, which states that voltage equals current times resistance ($V = I \times R$). The other choices identify different concepts related to electricity but do not describe resistance. Voltage refers to the potential difference that drives current through a circuit, while electric charge flow represents current itself. Potential difference is also closely related to voltage rather than resistance. Thus, the definition of resistance is accurately captured in the first choice, making it the correct answer.

3. What is the role of a technician during a polysomnography study?

- A. To administer medication to the patient
- B. To monitor the equipment and observe patient responses throughout the night**
- C. To interpret and diagnose sleep disorders
- D. To prepare the patient for surgery

In a polysomnography study, the technician plays a critical role in monitoring the equipment and observing the patient's responses throughout the night. This involves setting up and calibrating various monitoring devices to ensure accurate readings of physiological parameters such as brain waves, heart rate, breathing patterns, and oxygen levels. Throughout the study, the technician must pay close attention to the patient's behaviors and any changes in their sleep patterns, which helps in gathering data that will later be used for analysis. By carefully monitoring the environment and the patient, the technician ensures that all necessary information is collected effectively. This information is essential for providing a comprehensive understanding of the patient's sleep health, and for aiding healthcare providers in making informed decisions regarding diagnoses and treatment options. The technician's observational skills are crucial in identifying any potential issues that may arise during the study, ensuring patient comfort, and maintaining the integrity of the data being gathered.

4. Why is the body position of patients monitored during sleep studies?

- A. To control room temperature
- B. To identify positional trends**
- C. To adjust equipment placement
- D. To measure side effects of medications

Monitoring the body position of patients during sleep studies is crucial for identifying positional trends that may affect sleep quality and the presence of sleep disorders. Certain conditions, such as obstructive sleep apnea, can be influenced significantly by the position in which an individual sleeps. For instance, some patients may experience more severe apneas while sleeping on their back compared to when sleeping on their side. By observing and recording these positional trends, healthcare providers can better understand the relationship between body position and sleep disturbances, leading to more tailored and effective treatment plans. Identifying these trends is essential for making informed decisions about lifestyle changes, potential positional therapy, or recommending devices like positional alarms or specialized pillows to promote optimal sleep positions.

5. What role does patient compliance play in the effectiveness of sleep apnea treatment?

- A. It has no impact on treatment success
- B. It can significantly hinder treatment outcomes
- C. It is essential for achieving positive outcomes**
- D. It is less important than initial diagnosis

Patient compliance is a crucial factor in the effectiveness of sleep apnea treatment. When patients adhere to prescribed therapies, such as continuous positive airway pressure (CPAP) machines or lifestyle changes, they are more likely to experience improvements in their condition. Consistent use of treatment directly correlates with better management of symptoms, reduced episodes of apnea, and overall enhancement of sleep quality and daytime functioning. In cases where a patient is non-compliant, the benefits of any treatment modality can be diminished, potentially leading to persistent symptoms, increased health risks, and a lower quality of life. Therefore, fostering compliance through education, support, and regular follow-ups can significantly enhance treatment outcomes for patients dealing with sleep apnea. Ensuring patients understand the importance of their treatment plans encourages them to stick with the strategies that have been shown to be effective.

6. What monitoring devices are optimal for recording EEG and EMG?

- A. EEG - Clip electrodes, EMG - Clip electrodes
- B. EEG - Cup electrodes, EMG - Snap electrodes**
- C. EEG - Stick-on electrodes, EMG - Stick-on electrodes
- D. EEG - Disc electrodes, EMG - Cup electrodes

The selection of cup electrodes for EEG (electroencephalography) is optimal due to their design, which allows for better adherence to the scalp and facilitates stable contact with the skin. These electrodes are typically larger and shaped to gather electrical signals generated by neuronal activity efficiently. The cup shape helps in capturing the subtle electrical signals that reflect brain activity with minimal interference, which is essential for accurate EEG readings. In contrast, snap electrodes are commonly used for EMG (electromyography) because they are designed for muscle activity monitoring. The snap electrode construction helps ensure good conductivity and ease of attachment to the skin over electrodes placed on specific muscles. This setup allows for precise monitoring of electrical signals produced during muscle contraction, which is crucial for obtaining reliable EMG data. Overall, the combination of cup electrodes for EEG and snap electrodes for EMG offers an effective approach to record the respective electrical activities of the brain and muscles accurately.

7. What is a CPAP machine used for in sleep medicine?

- A. To provide oxygen therapy for patients
- B. To treat insomnia by improving sleep hygiene
- C. To treat obstructive sleep apnea by providing continuous positive airway pressure**
- D. To monitor sleep patterns and cycles

A CPAP machine, which stands for Continuous Positive Airway Pressure, is specifically designed to treat obstructive sleep apnea (OSA). This condition occurs when a person's airway becomes blocked during sleep, leading to pauses in breathing and disrupted sleep patterns. The CPAP machine works by delivering a steady stream of air through a mask that keeps the airway open, enabling the patient to breathe consistently throughout the night. This treatment is crucial because it helps prevent the health complications associated with unmanaged sleep apnea, such as cardiovascular issues, daytime fatigue, and impaired cognitive function. By maintaining an open airway, the CPAP allows for a more restful sleep and significantly reduces the severity of sleep apnea episodes. In contrast, the other options reflect different aspects of sleep medicine but do not align with the specific function of a CPAP machine. Providing oxygen therapy is a separate medical intervention for respiratory distress, improving sleep hygiene pertains to behavioral modifications aimed at enhancing sleep quality rather than a mechanical solution, and monitoring sleep patterns is a diagnostic tool used to understand sleep disorders but does not treat them.

8. How does stage N3 sleep change as we age?

- A. It becomes more
- B. It remains the same
- C. It becomes less**
- D. It varies widely

Stage N3 sleep, also known as slow-wave sleep or deep sleep, is characterized by high-amplitude, low-frequency brain waves. This stage is crucial for various restorative processes, including physical recovery, memory consolidation, and the overall maintenance of health. As individuals age, several physiological changes occur that impact the architecture of sleep. Research indicates that as people get older, there is a decline in the amount of time spent in N3 sleep. This reduction can be attributed to changes in the brain, hormonal shifts, and alterations in sleep patterns. Older adults often experience lighter sleep and more frequent awakenings throughout the night, leading to a decrease in the duration and quality of N3 sleep. It becomes more challenging for them to reach and maintain the deeper stages of sleep, which can contribute to feelings of fatigue and reduced cognitive function during waking hours. Therefore, stating that N3 sleep becomes less as we age accurately reflects the general findings in sleep research, underscoring the importance of understanding these changes for promoting better sleep hygiene and addressing sleep disturbances in older adults.

9. What aspect of sleep health can REM sleep indicate?

- A. Physical health only
- B. Overall sleep health**
- C. Only mental health
- D. The likelihood of sleepwalking

REM sleep plays a crucial role in overall sleep health, as it is a unique and essential stage of the sleep cycle that contributes to various physiological and psychological processes. During REM sleep, the brain is highly active, comparable to its activity when awake, and this stage is integral to processing emotions, learning, and memory consolidation. Additionally, REM sleep is involved in mood regulation and can influence mental health conditions such as anxiety and depression. By assessing the duration and quality of REM sleep, healthcare professionals can gain insights into an individual's overall sleep health. A deficiency in REM sleep can indicate underlying issues such as sleep disorders, stress, or inadequate sleep quality, thereby impacting general health and well-being. This makes REM sleep a valuable indicator of how well an individual is sleeping as a whole, rather than focusing solely on physical conditions, mental health, or specific behaviors like sleepwalking.

10. What is the primary purpose of recording EEGs during polysomnography (PSG)?

- A. To measure heart activity
- B. To detect brain waves from specific areas of the cortex**
- C. To monitor eye movements
- D. To assess muscle tone

The primary purpose of recording EEGs during polysomnography (PSG) is to detect brain waves from specific areas of the cortex. The electroencephalogram (EEG) captures the electrical activity of the brain, providing crucial information about different sleep stages, including REM and non-REM sleep. By analyzing brain wave patterns, healthcare providers can identify various sleep disorders, assess the sleep cycle, and understand the overall quality of sleep. While monitoring heart activity, eye movements, and muscle tone are important components of sleep studies, they serve different purposes. The EEG specifically focuses on brain activity, making it essential for diagnosing and evaluating conditions like insomnia, sleep apnea, and other sleep-related disorders. This distinction highlights the unique role of EEG in understanding the complexities of 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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