

RESC 4848 - Sleep Diagnostics 2

Fall 2026 Syllabus, Section A01, CRN 43276,

Credit hours: 3

Instructor

Brendan Hardie

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Public Instructor Information

Instructor Title:

Adjunct Professor

Instructor Professional Qualifications:

M. Respiratory Care, Youngstown State University, 2021

B.S. Respiratory Care, Youngstown State University, 2017

Instructor Office Location:

N/A (online asynchronous course)

Instructor Office Phone:

Department of Clinical and Diagnostic Health Sciences 330-941-3227

Course Description

4848. Sleep Diagnostics 2. This course will explore theory, clinical techniques and interpretation of testing results related to polysomnography. The course is delivered asynchronous web-based. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Essentials of Polysomnography: A Training Guide and Reference for Sleep Technicians	Williams Spriggs	978-1284172218

The American Academy of Sleep Medicine (AASM) Manual for the Scoring of Sleep and Associated Events: Rules, Terminology and Technical Specifications (version 3.0) will be provided in Blackboard for students to reference.

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
10/19	Syllabus Review Appendix A Review Glossary of Sleep Terms Review American Association of Sleep Technologist (AASST) Flash Cards	Course Introduction Polysomnography Terminology International 10/20 System of Measurement	Read required material (Appendix A, Glossary of Sleep Terms, AAST Flash Cards)) Complete Module 1 Discussion - due Saturday 11:59 PM EST



10/26	Chapter 12 - Sleep Staging and Scoring Review Appendix A Review Appendix C AASM Scoring Manual - Sections I, II, III, IV	Proper Application and Placement of Electrodes Identification of Sleep Stages Status of the Profession of Polysomnography	Read required material (Chapter 12, Appendix A, Appendix C, AASM Scoring Manual - Sections I, II, III, IV) Complete Module 2 Discussion - due Saturday 11:59 PM EST Complete Module 2 Quiz - due Saturday 11:59 PM EST
11/2	AASM Scoring Manual - Sections VI, VII, VIII	Sleep Scoring Techniques Application of Proper Scoring and Assessment of Sleep	Read required material (AASM Scoring Manual - Sections VI, VII, VIII) Complete Module 3 Quiz - due Saturday 11:59 PM EST Complete Module 3 Sleep Scoring Assessment - due Saturday 11:59 PM EST
11/9	Chapter 13 - Abnormal Events EEG Arousal and PLM PowerPoint	Analysis of EEG Arousals Analysis of Periodic Limb Movements (PLM's) Proper Staging of Arousals and PLM's	Read required material (Chapter 13, PowerPoint) Complete Module 4 Sleep Scoring Assessment - due Saturday 11:59 PM EST
11/16	Chapter 15 - Sleep Study Reporting Chapter 17 - Medications and Sleep Chapter 18 - Other Therapeutic Modalities Respiratory Calculations PowerPoint Sleep Reporting and Calculations PowerPoint	Description of Sleep Reporting and Calculations Analysis of Scoring	Read required material (Chapter 15, Chapter 17, Chapter 18, Respiratory Calculations PowerPoint, Sleep Reporting and Calculations PowerPoint) Complete Module 5A Sleep Scoring Assessment - due Saturday 11:59 PM EST Complete Module 5B Sleep Scoring Assessment - due Saturday 11:59 PM EST
11/23	Chapter 16 - Pediatric Sleep Review Appendix E Pediatric Sleep Study Video AASM Pediatric Lecture PowerPoint Kids in Sleep PowerPoint Pediatric Polysomnography PowerPoint	Identification Pediatric Patient Needs Analysis and Differentiation Between AASM Sleep Scoring for Pediatric and Adult Populations Identification of EEG Characteristics of the Pediatric Patient	Read required material (Chapter 16, Appendix E, Pediatric Sleep Study Video, AASM Pediatric Lecture PowerPoint, Kids in Sleep PowerPoint, Pediatric Polysomnography PowerPoint) Complete Module 6 Pediatrics Assessment Quiz - due Saturday 11:59 PM EST
11/30	Course Review	Final Review of Course Material Reflection on Proper Polysomnography Techniques to Improve Patient Outcomes and Quality of Life Examination of Difference Between Pediatric and Adult Polysomnography	Complete Module 7 Discussion - due Friday 11:59 PM EST Complete Final Exam - due Friday 11:59 PM EST

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.