Course Prefix and Number: PSG 110  Credits: 1

Course Title: Introduction to the Science of Sleep Medicine

Course Description:
Familiarizes students with the history of sleep, common sleep disorders, and the field of sleep medicine and its relevance to other health professions. Lecture 1 hour per week.

General Course Purpose:
This course is a requirement for the Sleep Technology for Polysomnography Career Studies Certificate program and for students preparing to become Registered Polysomnographic Technologists (RPSGT).

Course Prerequisites/Co-requisites:
None

Course Objectives:
Upon completing the course, the student will be able to:
1. Discuss the key people involved in sleep medicine’s development.
2. Understand common sleep disorders and the impact of undiagnosed sleep disorders.
3. Describe the urgency for social change in sleep habits.

Major Topics to be Included:
1. History of sleep medicine
2. The importance of sleep
3. Sleep disorders
4. Public education on sleep

Effective Date of Course Content Summary: March 22, 2012