



Fundamentals of Sleep Technology: Endorsed by the American Association of Sleep Technologists (AAST)

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This text provides a thorough understanding of the use of polysomnography and other technologies in the evaluation and management of sleep disorders.

Coverage includes in-depth reviews of the neurophysiology and cardiopulmonary aspects of sleep and the pathophysiology of sleep disorders. Detailed sections on polysomnography include recording procedures, identifying and scoring sleep stages and sleep-related events, and report generation. Chapters discuss therapeutic interventions including positive airway pressure, supplemental oxygen, surgical and pharmacologic treatments, and patient education. A section focuses on pediatric sleep disorders and polysomnography. Also included are chapters on establishing and managing a sleep center and accrediting a sleep program.

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