ASTEP PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://astep.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What is the purpose of Chin 1 and Chin 2 placements?

A. Monitor brain signals

B. Monitor eye movements

C. Monitor chin muscle activity

D. Measure scalp impedance

2. What is the frequency range for Theta waves?

A. 0.5-2

B. 3-7

C. 8-13

D. >13

3. Lights Out is at epoch 10. The patient falls asleep at epoch 25. What is the sleep latency?

A. 15

B. 5

C. 25

D. 35

4. What is the functional unit of the nervous system?

A. Dendrite

B. Neuron

C. Synapse

D. Axon

5. Which sleep-related problem do patients most often cite as their primary sleep complaint?

A. Narcolepsy

B. Sleep Apnea

C. Restless Legs Syndrome

D. Insomnia

SAMPLE

6. How many electrodes should be placed on the scalp for a standard EEG hookup?

A. 4

B. 8

C. 10

D. 6

7. Sensitivities on the respiratory channels can be changed during recording.

A. True

B. False

C. Not enough information

D. Only during calibration

8. Which sleep disorder is reported most frequently by patients seeking help for sleep problems?

A. Sleep Apnea

B. Insomnia

C. Hypersomnia

D. Circadian Rhythm Sleep-Wake Disorder

9. Mean sleep latency on MSLT diagnostic threshold for Narcolepsy is?

A. More than 12 minutes

B. 6 minutes

C. 8 minutes

D. Less than 8 minutes

10. What is the best way to troubleshoot sweat artifact during a sleep study?

A. Increase humidity

B. Recalibrate the device

C. Adjust the room temp to cool

D. Reposition the leads

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the purpose of Chin 1 and Chin 2 placements?

A. Monitor brain signals

B. Monitor eye movements

C. Monitor chin muscle activity

D. Measure scalp impedance

Chin 1 and Chin 2 are used to record electromyographic activity from the chin muscles. This chin EMG measures muscle tone, which is high when you're awake and drops during sleep, especially in REM sleep when the body experiences atonia. By tracking chin muscle activity, you can accurately identify sleep stages and detect REM versus non-REM, as well as catch artifacts from jaw movements or talking. Other sensors in the setup monitor brain signals (EEG), eye movements (EOG), and overall signal quality, but the chin placements specifically focus on chin muscle activity.

2. What is the frequency range for Theta waves?

A. 0.5-2

B. 3-7

C. 8-13

D. >13

Theta waves are slower brain rhythms that sit between the slowest delta waves and the faster alpha waves. In EEG terms, they're usually defined as around 4 to 7 Hz, with some sources stretching down to about 3 Hz. Among the given ranges, 3-7 Hz best matches this band, capturing the typical Theta pace. The 0.5-2 Hz range aligns more with delta, 8-13 Hz with alpha, and anything above 13 Hz corresponds to beta and gamma activity. Theta is often linked to drowsiness, light sleep, and certain cognitive processes like memory and navigation, which helps explain why this slower rhythm shows up in those states. So, the range that best fits Theta is 3-7 Hz.

3. Lights Out is at epoch 10. The patient falls asleep at epoch 25. What is the sleep latency?

A. 15

B. 5

C. 25

D. 35

Sleep latency is the time from when lights go out to when the person falls asleep. With lights out at epoch 10 and sleep onset at epoch 25, the latency is 25 − 10 = 15 epochs. So the sleep latency is 15. The other numbers don't fit because latency is a duration—the interval between lights out and falling asleep—not an absolute time, so they would imply different sleep-onset times.

SAMPLE

4. What is the functional unit of the nervous system?

A. Dendrite

B. Neuron

C. Synapse

D. Axon

The functional unit of the nervous system is the neuron. A neuron is a specialized cell that processes and transmits information. Signals are received primarily by dendrites, integrated in the cell body, and then propagated as an electrical impulse along the axon to a synapse, where communication with the next cell occurs through neurotransmitters. Dendrites and axons are parts of a neuron, while a synapse is the junction between neurons. The neuron's ability to receive, integrate, and transmit signals makes it the fundamental unit that builds neural circuits and enables nervous system function.

5. Which sleep-related problem do patients most often cite as their primary sleep complaint?

A. Narcolepsy

B. Sleep Apnea

C. Restless Legs Syndrome

D. Insomnia

Insomnia is the sleep problem patients report most often as their primary complaint. It shows up as trouble falling asleep, staying asleep, or waking up too early, with daytime distress or impairment. Because it captures the overall experience of poor sleep rather than a single physiological event, it is the most common reason people seek help for sleep problems. Other conditions—narcolepsy with excessive daytime sleepiness and sudden sleep attacks, sleep apnea with breathing interruptions during sleep, and restless legs syndrome with uncomfortable sensations and an urge to move the legs—are important, but they are less frequently described by patients as their main, initial complaint.

6. How many electrodes should be placed on the scalp for a standard EEG hookup?

A. 4

B. 8

C. 10

D. 6

A basic EEG hookup uses a small, representative set of scalp locations to capture brain activity across different regions without a lengthy setup. Six electrodes give enough coverage to sample activity from frontal, central, and posterior areas, which lets you observe general brain rhythms and detect clear abnormalities. This minimalist setup is common for quick screenings or teaching the electrode-placement process, while a full diagnostic EEG would use many more electrodes arranged according to a comprehensive system (often 21 or more). The other options would either provide too little regional information (four) or more than the minimal setup is typically required for a standard hookup (eight or ten).

SAMPLE

7. Sensitivities on the respiratory channels can be changed during recording.

A. True

B. False

C. Not enough information

D. Only during calibration

Adjusting how strongly a signal is amplified (the gain or sensitivity) on respiratory channels is a normal part of recording. Breathing signals can vary a lot: breaths can be shallow or deep, the sensor can shift with movement or changes in posture, and drift can occur over time. Because of this, most recording systems let you tweak the sensitivity in real time so the signal stays within the optimal range—raising it when breaths are faint to improve visibility and lowering it when breaths are large to avoid clipping. These changes are commonly made during a session to keep data quality high, often with notes so analysis remains interpretable. So, it's appropriate to say the sensitivities can be changed during recording.

8. Which sleep disorder is reported most frequently by patients seeking help for sleep problems?

A. Sleep Apnea

B. Insomnia

C. Hypersomnia

D. Circadian Rhythm Sleep-Wake Disorder

Insomnia is the most common sleep problem that brings people to seek help. It means persistent trouble with falling asleep, staying asleep, or waking up too early, along with daytime distress or impairment. Because these symptoms directly affect daily functioning and quality of life, many patients proactively seek evaluation and treatment for insomnia more often than for other sleep disorders. Other conditions, like sleep apnea, hypersomnia, or circadian rhythm sleep-wake disorders, are important but either present with different primary concerns (such as sleep-disordered breathing or excessive daytime sleepiness) or are less commonly the reason people first seek care. So, the sleep problem most frequently reported by patients seeking help is insomnia.

9. Mean sleep latency on MSLT diagnostic threshold for Narcolepsy is?

A. More than 12 minutes

B. 6 minutes

C. 8 minutes

D. Less than 8 minutes

Mean sleep latency on the MSLT measures how quickly a person falls asleep during daytime nap opportunities. In narcolepsy, there's a heightened tendency to fall asleep quickly, so the mean latency tends to be very short. The diagnostic threshold is defined by a notably short mean sleep latency, typically described as under 8 minutes (and in practice often stated as 8 minutes or less) in combination with at least two SOREMPs on the MSLT. This is why the shorter threshold is the best choice: it directly reflects the abnormally rapid sleep onset characteristic of narcolepsy. The other options describe longer or borderline latencies, which do not align with the pattern of rapid sleep onset used to support the diagnosis.

SAMPLE

10. What is the best way to troubleshoot sweat artifact during a sleep study?

A. Increase humidity

B. Recalibrate the device

C. Adjust the room temp to cool

D. Reposition the leads

Sweat artifact shows up when perspiration changes skin moisture and electrode impedance, distorting the signals you're trying to read. Lowering the room temperature helps because it reduces the body's drive to sweat, keeping the skin drier and the sensor contacts more stable. That directly minimizes the artifact and keeps data cleaner throughout the study. Recalibrating the device might address baseline drift, but it won't prevent sweat-related distortion during recording. Increasing humidity would tend to worsen sweating and moisture on the leads. Repositioning the leads can help if contact is the issue, but if sweating continues, the artifact is likely to persist. Cooling the room tackles the root cause and is the most effective first step.

SAMPLE

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:

https://astep.examzify.com

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

SAMPLE