KETTERING POLYSOMNOGRAPHY (PSG) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. A physician has diagnosed a patient with Wittmaach-Elbborn's syndrome. Which condition does this syndrome best describe?

A. Periodic limb movement syndrome

B. Klein-Levin syndrome

C. Restless Leg syndrome

D. Pierre-Robin syndrome

2. Which of the following is a common tool used for sleep monitoring?

A. Polygraph

B. Electrocardiogram

C. Spirometer

D. Photoplethysmogram

3. What effect does refusing to remove fingernail polish prior to pulse oximetry have on the reading?

A. False low reading

B. False high reading

C. No effect on reading

D. Correct reading

4. What is a possible conclusion regarding an 80-year-old man showing signs of dementia and confusion in the early evening?

A. He has signs of sundowning

B. He is experiencing normal aging

C. He is developing Alzheimer's disease

D. He is suffering from sleep apnea

5. What would increase the resolution of EEG spikes?

A. Reducing sampling rate

B. Recording at a high sampling rate

C. Using lower frequency filters

D. Using fewer electrodes

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6. During a PSG for a female patient with anemia, how will transcutaneous monitoring values likely compare to normal values?

A. Higher than normal values

B. Lower than normal values

C. Within normal range

D. Unpredictable values

7. A patient who goes to bed at 3:00 AM and wakes at 2:00 PM is exhibiting which of the following conditions?

A. Delayed sleep phase syndrome

B. Excessive daytime sleepiness

C. Advanced sleep phase syndrome

D. Narcolepsy

8. What is a miscalibrated sensitivity likely to affect during a PSG?

A. Patient comfort

B. Signal clarity

C. Study duration

D. Technologist workload

9. Polysomnography is primarily focused on the assessment of which aspect of health?

A. Respiratory function

B. Cognitive function

C. Sleep disorders

D. Cardiovascular health

10. What is the recommended position for the placement of the thoracic strain gauge?

A. Around the abdomen

B. Around the chest

C. On the wrist

D. On the forehead

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Answers

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

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Explanations

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1. A physician has diagnosed a patient with Wittmaach-Elbborn's syndrome. Which condition does this syndrome best describe?

A. Periodic limb movement syndrome

B. Klein-Levin syndrome

C. Restless Leg syndrome

D. Pierre-Robin syndrome

Wittmaack-Elbborn's syndrome is most accurately characterized as a condition that manifests with symptoms related to Restless Leg syndrome. Restless Leg syndrome is a neurological disorder that causes an uncontrollable urge to move the legs, typically in response to uncomfortable sensations. Patients often experience these symptoms during periods of inactivity, especially at night, which can lead to significant sleep disturbances and daytime fatigue. The association of Wittmaack-Elbborn's syndrome with Restless Leg syndrome stems from the common features shared between them, such as the involuntary movements and the resultant impact on sleep quality. Understanding this relationship is crucial for managing and treating patients effectively, especially since Restless Leg syndrome can be complicated by other conditions and often requires a specific approach to care. Other conditions mentioned do not align with the characteristics of Wittmaack-Elbborn's syndrome as closely as Restless Leg syndrome does. For example, Periodic Limb Movement syndrome involves involuntary flexing and extending of the limbs during sleep but is a distinct condition not directly associated with this syndrome. Klein-Levin syndrome is characterized by recurrent periods of excessive sleep and has no relation to restlessness in the legs, while Pierre-Robin syndrome is primarily a developmental condition related to craniofacial anomalies

2. Which of the following is a common tool used for sleep monitoring?

A. Polygraph

B. Electrocardiogram

C. Spirometer

D. Photoplethysmogram

A polygraph, often used in the context of polysomnography, is a common tool for sleep monitoring. It records various physiological parameters during sleep, including brain waves (via EEG), eye movements (EOG), muscle activity (EMG), heart rate, and oxygen saturation levels. This comprehensive data collection allows healthcare professionals to assess different sleep stages and diagnose sleep disorders effectively. The other tools listed do not primarily focus on monitoring sleep. An electrocardiogram (ECG) is used to measure heart activity, rather than the overall physiological changes during sleep. A spirometer measures respiratory function and is primarily used in pulmonary assessments. A photoplethysmogram assesses blood flow and is typically utilized for measuring heart rate and blood oxygen saturation but does not provide a full picture of sleep stages and qualities as a polygraph does. Thus, the polygraph is the most relevant tool for comprehensive sleep monitoring.

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3. What effect does refusing to remove fingernail polish prior to pulse oximetry have on the reading?

A. False low reading

B. False high reading

C. No effect on reading

D. Correct reading

Refusing to remove fingernail polish prior to pulse oximetry can potentially lead to a false high reading. Pulse oximeters work by passing two wavelengths of light through the skin to measure the saturation of oxygen in the blood. Fingernail polish, especially if it is dark or opaque, can interfere with the light transmission, causing the device to misinterpret the signals received. This misinterpretation can lead the pulse oximeter to believe that more oxygen is present in the blood than is actually the case, resulting in a falsely elevated reading. In practical settings, it's recommended to remove any decorative polish or artificial nails to ensure the accuracy of the pulse oximetry measurements.

4. What is a possible conclusion regarding an 80-year-old man showing signs of dementia and confusion in the early evening?

A. He has signs of sundowning

B. He is experiencing normal aging

C. He is developing Alzheimer's disease

D. He is suffering from sleep apnea

Sundowning refers to a phenomenon often observed in individuals with dementia, where they experience increased confusion, agitation, and restlessness during the late afternoon or early evening hours. This behavior can be particularly pronounced in individuals with Alzheimer's disease or other forms of dementia. In the scenario described, the 80-year-old man demonstrating signs of dementia and confusion specifically during the early evening aligns well with the characteristics of sundowning. This pattern is generally associated with the natural changes in lighting as the day comes to an end, which can disrupt the individual's internal clock and exacerbate cognitive difficulties. Recognizing this pattern can help caregivers and healthcare providers implement strategies to ease agitation and confusion during these times, such as maintaining a calm environment or establishing a consistent routine. The other choices, while they address important aspects of cognitive health in the elderly, do not specifically explain the symptoms observed in this case. Normal aging can involve some cognitive changes, but the level of confusion indicated here suggests a more significant issue. Similarly, while Alzheimer's disease is a possibility, sundowning is a distinct and observable behavior linked directly to the timing of symptoms. Sleep apnea, although it can impact cognitive function and behavior, does not typically present specifically with evening confusion but rather with more generalized symptoms

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5. What would increase the resolution of EEG spikes?

A. Reducing sampling rate

B. Recording at a high sampling rate

C. Using lower frequency filters

D. Using fewer electrodes

Increasing the resolution of EEG spikes involves enhancing the detail and accuracy with which the electrical activity of the brain is captured. Recording at a high sampling rate plays a crucial role in this process. When the sampling rate is elevated, more data points are gathered over the same period. This means that rapid fluctuations in the EEG signal, such as spikes, can be recorded more accurately. A high sampling rate allows for a better identification of transient events like spikes, which may occur quickly and can easily be missed if sampled at a lower rate. This higher rate improves the temporal resolution, enabling the visualization of the shape and duration of spikes, which are essential for accurate diagnosis and analysis. In contrast, reducing the sampling rate would lead to fewer data points and potential aliasing, where higher frequency signals are misrepresented. Similarly, using lower frequency filters would limit the range of frequencies captured, potentially obscuring important components of the EEG signal. Lastly, using fewer electrodes would decrease the spatial resolution and the ability to localize spikes accurately within the brain, further compromising the quality of the EEG data.

6. During a PSG for a female patient with anemia, how will transcutaneous monitoring values likely compare to normal values?

A. Higher than normal values

B. Lower than normal values

C. Within normal range

D. Unpredictable values

In cases of anemia, the oxygen-carrying capacity of the blood is reduced due to a lower concentration of hemoglobin. As a result, when performing transcutaneous monitoring during a polysomnography (PSG), it is expected that the values obtained will be lower than normal. This is because the transcutaneous monitor reflects the partial pressure of oxygen in the blood, which is directly impacted by the reduced hemoglobin levels found in anemic patients. Consequently, the lower hemoglobin leads to diminished oxygen saturation levels, resulting in lower transcutaneous monitoring values compared to what is considered normal in healthy individuals. This physiological response is crucial for understanding the impact of conditions like anemia on respiratory monitoring during sleep studies.

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7. A patient who goes to bed at 3:00 AM and wakes at 2:00 PM is exhibiting which of the following conditions?

A. Delayed sleep phase syndrome

B. Excessive daytime sleepiness

C. Advanced sleep phase syndrome

D. Narcolepsy

The patient's sleep pattern, going to bed at 3:00 AM and waking at 2:00 PM, indicates a significant delay in their sleep schedule relative to the typical or socially accepted sleep patterns. This is characteristic of delayed sleep phase syndrome, which is a circadian rhythm sleep disorder where a person's sleep is delayed by two or more hours beyond the conventional bedtime. Individuals with this condition often struggle to fall asleep at a normal time and have difficulty waking up in the morning, leading to late sleep onset and late rising. Those experiencing this syndrome often find that their sleep patterns do not align with societal norms, which can lead to challenges in occupational or social situations. This condition is distinct from other sleep disorders like excessive daytime sleepiness, advanced sleep phase syndrome, or narcolepsy, which have different characteristics and patterns related to timing or duration of sleep.

8. What is a miscalibrated sensitivity likely to affect during a PSG?

A. Patient comfort

B. Signal clarity

C. Study duration

D. Technologist workload

A miscalibrated sensitivity primarily impacts signal clarity during a polysomnography (PSG) study. Sensitivity in this context refers to the ability of the equipment to detect small signals among noise. When the sensitivity is not set correctly, either too low or too high, it can lead to distorted or unclear signals. This means that vital information regarding the patient's sleep stages, movements, and any potential sleep disorders may be compromised. Proper signal clarity is essential for accurate interpretation of the PSG data and for diagnosing any sleep-related issues. The other aspects mentioned, such as patient comfort, study duration, and technologist workload, may be influenced indirectly by equipment issues or operational practices, but they are not directly affected by sensitivity calibration in the same way that clarity of the signals is. Therefore, clarity of signals is the most critical concern resulting from miscalibrated sensitivity.

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9. Polysomnography is primarily focused on the assessment of which aspect of health?

A. Respiratory function

B. Cognitive function

C. Sleep disorders

D. Cardiovascular health

Polysomnography primarily focuses on the assessment of sleep disorders. This comprehensive test monitors various physiological parameters while an individual sleeps, allowing healthcare professionals to evaluate sleep patterns, stages of sleep, and potential sleep disturbances. By analyzing data from brain activity, eye movements, muscle activity, heart rate, and breathing, polysomnography can identify conditions such as sleep apnea, insomnia, periodic limb movement disorder, and narcolepsy, among others. Although other aspects of health, such as respiratory function or cardiovascular health, may be indirectly assessed during the study due to their significant connection with sleep, the primary objective of polysomnography is to provide a detailed understanding of a person's sleep architecture and identify any associated disorders. Cognitive function is not a direct focus of polysomnography, as cognitive assessments typically require different testing methods to evaluate memory, attention, and processing speed.

10. What is the recommended position for the placement of the thoracic strain gauge?

A. Around the abdomen

B. Around the chest

C. On the wrist

D. On the forehead

The thoracic strain gauge is designed to measure the expansion and contraction of the chest during breathing. Placing the gauge around the chest allows it to effectively monitor respiratory movements, which are essential in assessing various aspects of sleep and breathing patterns. When the gauge is positioned around the chest, it can accurately capture the changes in volume as air enters and leaves the lungs, providing valuable data on respiratory function during sleep studies. This information is critical for diagnosing sleep-related breathing disorders, such as obstructive sleep apnea. The other options do not facilitate the proper measurement of thoracic movements: placing it around the abdomen might give readings related to abdominal movement rather than thoracic expansion; positioning it on the wrist or forehead would be unhelpful, as these areas do not reflect the respiratory mechanics necessary for accurate assessment in polysomnography.

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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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