SPRIGGS POLYSOMNOGRAPHY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://spriggspolysomnography.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 a critical feature of bi-level PAP devices?

A. They provide a single pressure setting

B. They deliver varying pressures during inhalation and exhalation

C. They are designed for short-term use

D. They are less expensive than CPAP

2. What advantage does using an oral appliance offer for patients with mild to moderate sleep apnea?

A. It is a permanent solution

B. It provides a comfortable alternative to CPAP

C. It eliminates the need for any other treatments

D. It is only used in serious cases of OSA

3. Why is the body position of patients monitored during sleep studies?

A. To control room temperature

B. To identify positional trends

C. To adjust equipment placement

D. To measure side effects of medications

4. Why is a thorough pre-test questionnaire important in polysomnography?

A. It determines the best time for the test

B. It screens for conditions that could affect sleep quality and influences polysomnography results

C. It helps to identify ideal sleep positions

D. It reduces the cost of the test

5. How is a sleep latency test conducted?

A. By monitoring sleep in a natural setting

B. By having the individual attempt to sleep during scheduled naps

C. Using a sleep diary over several weeks

D. With polysomnographic evaluation overnight

SAMPLE

6. What are common indicators of REM sleep on an EEG?

A. High amplitude delta waves

B. Low voltage mixed activity with sawtooth waves

C. Continuous alpha wave activity

D. Flatline brain activity

7. What is the effect of sleep architecture changes as part of aging?

A. Improved sleep quality

B. Reduced risk of sleep disorders

C. Increased chance of sleep disorders

D. No effect on sleep patterns

8. What is the indication for utilizing oral appliance therapy in sleep apnea treatment?

A. Severe sleep apnea requiring immediate intervention

B. Mild to moderate sleep apnea not responding to CPAP

C. Severe chronic insomnia due to OSA

D. Only for children with sleep disturbances

9. How does a High Frequency Filter (HFF) setting of 10Hz impact an EEG signal?

A. It enhances clarity of sleep stage identification

B. It blocks the waves and makes it tough to identify sleep stages

C. It eliminates artifact noise in the signals

D. It increases the overall sensitivity of the signal

10. How is periodic limb movement disorder (PLMD) primarily evaluated during sleep studies?

A. By EEG monitoring

B. Through patient interviews

C. By monitoring leg movements via EMG

D. Using a heart rate monitor

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is a critical feature of bi-level PAP devices?

A. They provide a single pressure setting

B. They deliver varying pressures during inhalation and exhalation

C. They are designed for short-term use

D. They are less expensive than CPAP

Bi-level PAP (Biphasic Positive Airway Pressure) devices are specifically designed to deliver different pressure settings for inhalation and exhalation. This feature allows for greater comfort for the patient, as inhalation usually requires higher pressure to keep the airways open, while a lower pressure is sufficient during exhalation. This variation in pressure can lead to improved compliance and better patient outcomes, especially in individuals with chronic conditions such as obstructive sleep apnea or certain neuromuscular diseases. The ability to provide two distinct pressure levels makes bi-level PAP devices especially beneficial for patients who may struggle with the constant pressure of a standard continuous positive airway pressure (CPAP) device. This adaptability can reduce the work of breathing and improve overall sleep quality for users.

2. What advantage does using an oral appliance offer for patients with mild to moderate sleep apnea?

A. It is a permanent solution

B. It provides a comfortable alternative to CPAP

C. It eliminates the need for any other treatments

D. It is only used in serious cases of OSA

Using an oral appliance as a treatment for mild to moderate sleep apnea offers significant benefits, particularly in terms of comfort. These devices are designed to reposition the jaw and tongue to keep the airway open during sleep, making them a non-invasive option compared to continuous positive airway pressure (CPAP) therapy, which can often be uncomfortable for patients due to factors such as airflow pressure and mask fit. Many patients find oral appliances to be easier to tolerate and less disruptive to their sleep than CPAP machines. While oral appliances may not be a permanent solution like surgical interventions, they serve as an effective and more pleasant alternative for ongoing management of sleep apnea symptoms. This aspect makes them particularly appealing for individuals who experience difficulties with CPAP or are looking for a less cumbersome option. It's important to note that oral appliances may not completely eliminate the need for other treatments, especially in more severe cases of obstructive sleep apnea (OSA), which is why they are typically considered for cases characterized as mild to moderate. They are not exclusively used in serious cases, nor do they provide a one-size-fits-all solution.

3. Why is the body position of patients monitored during sleep studies?

A. To control room temperature

B. To identify positional trends

C. To adjust equipment placement

D. To measure side effects of medications

Monitoring the body position of patients during sleep studies is crucial for identifying positional trends that may affect sleep quality and the presence of sleep disorders. Certain conditions, such as obstructive sleep apnea, can be influenced significantly by the position in which an individual sleeps. For instance, some patients may experience more severe apneas while sleeping on their back compared to when sleeping on their side. By observing and recording these positional trends, healthcare providers can better understand the relationship between body position and sleep disturbances, leading to more tailored and effective treatment plans. Identifying these trends is essential for making informed decisions about lifestyle changes, potential positional therapy, or recommending devices like positional alarms or specialized pillows to promote optimal sleep positions.

SAMPLE

4. Why is a thorough pre-test questionnaire important in polysomnography?

A. It determines the best time for the test

B. It screens for conditions that could affect sleep quality and influences polysomnography results

C. It helps to identify ideal sleep positions

D. It reduces the cost of the test

A thorough pre-test questionnaire is essential in polysomnography because it screens for various medical and psychological conditions that could influence sleep quality and subsequently affect the results of the sleep study. By understanding the patient's medical history, sleep habits, and any potential sleep disorders or comorbidities, healthcare providers can tailor the polysomnography study to obtain the most accurate and relevant data. This initial assessment plays a critical role in identifying issues such as sleep apnea, restless leg syndrome, or depression, which might not be apparent without a detailed background. Recognizing these factors enables the clinician to interpret the polysomnography results more accurately and recommend appropriate treatment options.

5. How is a sleep latency test conducted?

A. By monitoring sleep in a natural setting

B. By having the individual attempt to sleep during scheduled naps

C. Using a sleep diary over several weeks

D. With polysomnographic evaluation overnight

A sleep latency test is designed to measure the time it takes for an individual to fall asleep when given the opportunity to do so in a controlled environment. The process involves having the individual take scheduled naps throughout the day, where they are encouraged to relax and attempt to fall asleep. This method is particularly useful for assessing sleep disorders such as narcolepsy, where excessive daytime sleepiness can lead to rapid onset of sleep. During these scheduled naps, the individual's brain activity, eye movements, and other physiological parameters can be monitored to determine how quickly they enter sleep and the stages of sleep that they reach. This approach provides valuable insights into a person's sleep patterns and can indicate underlying conditions affecting their sleep. The other methods listed, such as monitoring sleep in a natural setting or using a sleep diary, do not provide the same controlled measurements of sleep onset latencies as the scheduled nap approach. Similarly, polysomnographic evaluation conducted overnight, while comprehensive, is focused on recording a full sleep cycle rather than specifically measuring how quickly a person falls asleep during designated times.

SAMPLE

6. What are common indicators of REM sleep on an EEG?

A. High amplitude delta waves

B. Low voltage mixed activity with sawtooth waves

C. Continuous alpha wave activity

D. Flatline brain activity

The presence of low voltage mixed activity with sawtooth waves clearly characterizes REM sleep in an EEG. During this sleep stage, brain activity is more akin to wakefulness, which is reflected in the low amplitude and mixed frequency of the brain waves. The sawtooth waves specifically, which are most commonly observed in the central and occipital leads, are a hallmark of REM sleep and signify the intense brain activity occurring during this phase, which is associated with vivid dreaming. In contrast, high amplitude delta waves typically indicate deep sleep (Stage N3) rather than REM sleep, while continuous alpha wave activity is more commonly seen during relaxed wakefulness. A flatline brain activity would indicate a lack of brain activity, which is not characteristic of any sleep stage and is more indicative of a serious medical condition or brain death. Thus, the distinctive low voltage mixed activity and sawtooth waves are the key indicators to identify REM sleep on an EEG.

7. What is the effect of sleep architecture changes as part of aging?

A. Improved sleep quality

B. Reduced risk of sleep disorders

C. Increased chance of sleep disorders

D. No effect on sleep patterns

As individuals age, sleep architecture undergoes several changes that can lead to an increased likelihood of developing sleep disorders. One of the most notable changes is a decrease in slow-wave sleep (deep sleep) and rapid eye movement (REM) sleep. This decline in restorative sleep stages can result in lighter sleep and increased awakenings throughout the night, which can contribute to feelings of fatigue and can hinder overall sleep quality. Additionally, older adults may experience changes in circadian rhythms, which can further disrupt sleep patterns. These alterations can make it more challenging to fall asleep, stay asleep, or achieve the restorative sleep needed for optimal functioning. Consequently, the increased prevalence of sleep disturbances, such as insomnia and sleep apnea, is seen in older populations. Therefore, the association between age-related changes in sleep architecture and a higher incidence of sleep disorders is a well-documented phenomenon that underscores the complexity of sleep as it pertains to the aging process.

8. What is the indication for utilizing oral appliance therapy in sleep apnea treatment?

A. Severe sleep apnea requiring immediate intervention

B. Mild to moderate sleep apnea not responding to CPAP

C. Severe chronic insomnia due to OSA

D. Only for children with sleep disturbances

Oral appliance therapy is indicated primarily for patients with mild to moderate obstructive sleep apnea (OSA) who either prefer this method over continuous positive airway pressure (CPAP) or are not effectively managed with CPAP. Oral appliances work by repositioning the jaw and tongue to maintain an open airway during sleep, which can significantly reduce apneas and improve sleep quality. This treatment option is particularly advantageous for those who experience discomfort with CPAP, have difficulty adhering to it, or prefer a less cumbersome solution. The ability of oral appliances to enhance patient comfort and compliance in managing OSA makes them a valuable alternative for individuals who do not have severe cases of apnea that necessitate more aggressive interventions. Thus, their use in mild to moderate cases reflects clinical guidelines advising personalized treatment plans based on severity and patient preference.

SAMPLE

9. How does a High Frequency Filter (HFF) setting of 10Hz impact an EEG signal?

A. It enhances clarity of sleep stage identification

B. It blocks the waves and makes it tough to identify sleep stages

C. It eliminates artifact noise in the signals

D. It increases the overall sensitivity of the signal

A High Frequency Filter (HFF) setting of 10Hz impacts an EEG signal by allowing frequencies above 10Hz to pass through while attenuating lower frequencies. This means that slower brain waves, which are significant in identifying sleep stages, may be blocked or reduced in amplitude. Consequently, particularly in sleep studies, the filtration of these lower frequencies can hinder the clarity and accuracy of sleep stage identification, making it tougher to evaluate the EEG for distinguishing among different sleep stages. The filter's setting therefore directly affects how much of the slow-wave activity is captured, which is crucial for proper analysis during polysomnography. This setting might remove some noise, but it could also lead to the loss of critical information relevant for understanding the dynamics of sleep, particularly during deeper stages of sleep where delta waves are prominent.

10. How is periodic limb movement disorder (PLMD) primarily evaluated during sleep studies?

A. By EEG monitoring

B. Through patient interviews

C. By monitoring leg movements via EMG

D. Using a heart rate monitor

Periodic limb movement disorder (PLMD) is primarily evaluated during sleep studies by monitoring leg movements via electromyography (EMG). During polysomnography, electrodes are placed on the muscles of the legs to detect periodic movements that commonly occur during sleep. These movements are typically characterized by repetitive flexing and extending of the legs and can result in sleep disruption. EMG provides a direct measurement of muscle activity, allowing clinicians to identify and analyze the characteristic patterns of limb movements associated with PLMD. This monitoring can help differentiate PLMD from other sleep disorders and assess the frequency and intensity of leg movements, which are critical for an accurate diagnosis. While EEG monitoring is essential for assessing sleep stages, it does not specifically evaluate limb movements. Patient interviews can provide valuable context and subjective reports of symptoms, but they do not offer the objective data necessary for diagnosis. A heart rate monitor measures cardiac activity, which is not directly related to the evaluation of limb movements. Thus, EMG is the key modality for assessing periodic limb movements in the context of sleep studies.

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://spriggspolysomnography.examzify.com

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

SAMPLE