Polysomnographic Technology, A.A.S.

HEGIS: 5299.00
PROGRAM CODE: 36624
PROGRAM DIRECTOR: Prof. Matthew Ebben

DEPARTMENT: ALLIED HEALTH, MENTAL HEALTH AND HUMAN SERVICES

The Polysomnographic Technology AAS degree prepares students with the professional training and hands-on experience for a career as a Polysomnographic Technician. The degree provides a balance of general education courses and introduces students to the theory and practice of polysomnographic technology through classroom, laboratory, and clinical experiences. The curriculum provides students with the knowledge and training in all aspects of sleep medicine required to work as a polysomnographic technician including the evaluation of multiple physiological parameters during sleep and expert observational reporting that are used to assist in the education, diagnosis, treatment, and follow-up of sleep disorders in patients of all ages. Students are eligible for licensure exam(s) after the successful completion of the course of study presented in this degree program.

The curriculum presented here applies to students who started the major in Fall 2025 or Spring 2026. If you enrolled as a matriculant prior to that, please see the *College Catalog* for the year you started the major as a matriculant for the curriculum requirements that apply to you.

Consultation with the Program Advisor is required.

Degree Maps:

[Degree Map for Polysomnographic Technology, A.A.S.](#)

Your Degree Map contains the suggested term-by-term course sequence for your academic path towards graduation.

To ensure successful and timely completion of your degree, it is recommended that you meet with your academic advisor to discuss your unique map.

Please note some courses *may* only be offered once an academic year.

Program Learning Outcomes:

Upon successful completion of the Polysomnographic Technology degree program requirements, graduates will:

1. demonstrate the knowledge and skills required to work in accredited sleep laboratories throughout the country
2. be qualified to become licensed polysomnographic technicians in New York State

College Requirements:

English and Math proficient as determined by the CUNY Proficiency Index, unless otherwise exempt, or successful completion of any required developmental course(s).

Civic Engagement Experiences:

One (1) Civic Engagement experience satisfied by Civic Engagement Certified or Civic Engagement Component course or approved outside activity.

Writing Intensive Requirement:

One (1) Writing Intensive Course in any discipline is required.

Required Core (4 Courses, 13 Credits):

When Required Core Courses are specified for a category, they are required for the major

- ENG 1200 - Composition I 3 Credit(s)
- ENG 2400 - Composition II 3 Credit(s)
- **Mathematical & Quantitative Reasoning Course***
    - MAT 2010 - Statistics with Elementary Algebra 3 Credit(s) **or**
    - MAT 20B0 - Statistics with Algebra 3 Credit(s) **or**
    - MAT 2000 - Elements of Statistics 3 Credit(s)
- **Life & Physical Sciences Course***
    - BIO 1100 - Human Anatomy and Physiology I 4 Credit(s)

Flexible Core (4 Courses, 13 Credits):

When Flexible Core Courses are specified for a category, they are required for the major. Group D and E are satisfied by the courses shown.

D. Individual and Society Designated Course

- PHI 7600 - Ethics and Morality in the Health Professions 3 Credit(s)

E. Scientific World Designated Course*

- BIO 1200 - Human Anatomy and Physiology II 4 Credit(s)
- PSY 1100 - General Psychology 3 Credit(s)
  AND
- MAT 9010 - Introduction to Mathematics with College Algebra 3 Credit(s) **or**
- MAT 9B0 - College Algebra for STEM Majors 3 Credit(s) **or**
- MAT 900 - College Algebra 3 Credit(s)

Major Requirements (9 Courses, 34 Credits):

- PSG 100 - The Science of Sleep and Circadian Rhythms 3 Credit(s)
- PSG 101 - Neuroscience and Pharmacology in Sleep 4 Credit(s)
- PSG 102 - Foundations of Polysomnography I 3 Credit(s)
- PSG 103 - Clinical Practicum in Sleep Medicine I 6 Credit(s)
- PSG 104 - Foundations of Polysomnography II 3 Credit(s)
- PSG 105 - Clinical Polysomnographic Scoring 3 Credit(s)
- PSG 106 - Classification of Sleep Disorders 3 Credit(s)
- PSG 107 - Cardiopulmonary Physiology in Sleep 3 Credit(s)
- PSG 108 - Clinical Practicum in Sleep Medicine II 6 Credit(s)

Electives:

0 credits sufficient to meet required total of 60 credits

Notes:

* This program has a waiver to require particular courses in the Common Core, otherwise more than the minimum credits for the degree may be necessary.

The *Polysomnographic Technology, A.A.S.,* has been awarded initial accreditation by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) upon the recommendation of the Committee on Accreditation for Polysomnographic Technologist Education (CoA PSG). The Commission on Accreditation of Allied Health Education Programs (CAAHEP) is located at 25400 U.S. Highway 19 N, Suite 158, Clearwater, FL 33763 or phone (727) 210-2350, *http://www.caahep.org*. The Committee on Accreditation for Polysomnographic Technologist Education (CoA PSG) is located at 1711 Frank Avenue, New Bern, NC 28560 or phone (252) 626- 3238.

Total Credits: 60

THE A.A.S. IN POLYSOMNOGRAPHIC TECHNOLOGY HAS A LIMITED NUMBER OF SEATS AVAILABLE FOR ADMISSION EACH SPRING SEMESTER. THE COURSES ARE OFFERED ONCE PER ACADEMIC YEAR.

ALL FIRST-TIME FRESHMAN AND TRANSFER STUDENTS ARE ENROLLED AS LIBERAL ARTS (A.A.) STUDENTS. ONCE STUDENTS SATISFACTORILY COMPLETE A SEQUENCE OF COURSES THEY WILL BE CONSIDERED INTO THE POLYSOMNOGRAPHIC TECHNOLOGY MAJOR.

Admission Criteria

To be considered for the Polysomnographic Technology program, students must comply with the following:

1. English and Math proficient as determined by the CUNY Proficiency Index, unless otherwise exempt, or have successfully completed any required developmental or corequisite model course(s).
2. Students must complete BIO 1100*, MAT 9010* **or** MAT 9B0* **or** MAT 900*, ENG 1200, and PSG 100 with a minimum grade of "C".
3. Formal interview with the Program Director

   *It is HIGHLY recommended that students complete BIO 1100 and MAT 9010 or MAT 9B0 or MAT 900 during the 12-week semester.

Starting in the Fall 2020 semester and beyond, the Polysomnographic Technology program will consider applicants for admission who are eligible for licensing in New York under the regulations of the New York State Education Department. The regulations provide eligibility for citizens and non-citizens who are "not unlawfully present," including those with Deferred Action for Childhood Arrivals (DACA) and those permanently residing in the United States under color of law (PRUCOL)

In order to advance into the program, students may demonstrate eligibility through documents that verify that they meet the required criteria. Most common documents include:

1. Proof of U.S. Citizenship through a birth certificate, U.S. passport, naturalization certificate, or a certificate of citizenship
2. Proof of legal permanent resident status with what is known as a "Green Card"
3. Proof of various eligible categories, listed below, generally through an employment authorization document (EAD) or other satisfactory documents

Eligible immigration categories:

- International student with F-1 status
- Asylee

- Refugee
- Temporary Protected Status (TPS)
- Deferred Action for Childhood Arrivals (DACA)
- Individuals paroled into the Unites States whose parole has not expired
- Persons residing in the U.S. pursuant to an Order of Supervision
- Persons granted a stay of deportation/removal
- Persons granted an indefinite voluntary departure
- Persons on whose behalf an immediate relative petition has been approved
- Persons who have filed an application for adjustment of status to permanent resident
- Persons granted Deferred Action Status
- Persons who entered and have continuously residency in the U.S. before 01/01/1972
- Persons granted suspension of deportation or cancellation of removal
- Cuban/Haitian entrants
- Persons with a pending application for asylum, withholding of removal or deportation, protection under the Convention Against Torture (CAT), cancellation of removal, or TPS
- Persons in T or U non-immigrant status
- Self-petitioner under the Violence Against Women Act
- Other persons living in the U.S. who are not unlawfully present

Retention Criteria

Criteria for retention in the Polysomnographic Technology Program mandates that students:

1. earn a minimum of a "C" grade in all required courses (both PSG and general education)
2. earning less than a "C" grade in **any** course, may repeat the course ONE TIME (subject to space availability) and must earn at least a grade of "C" in the repeated course.
3. earning a grade of less than "C" in **any** *repeated* course the student will be dismissed from the Polysomnographic Technology Program.

Any student who has not attended PSG courses for two or more consecutive semesters cannot be readmitted into the Polysomnographic Technology Program unless qualifying examinations have been passed in sequential order of the course previously completed. These qualifying examinations can be repeated only once. In addition, the student must demonstrate clinical competency by passing a clinical practical examination prior to returning to any of the clinical courses.

Malpractice Insurance – Health Clearance – CPR Certification – Criminal Background Checks

Prior to registration, students entering Polysomnographic Technology courses in which there are laboratory experiences in hospitals and other health agencies, are required to have malpractice insurance, health clearance and a CPR (BLS) certificate and a criminal background

check. The insurance policy, CPR (BLS) certificate, and health clearance must be satisfactory for the entire semester. Information on CPR Certification is available in the Nursing Department Office. Information on health requirements is available from the Health Services Office, A-108. CUNY is now providing Polysomnographic Technology students with malpractice insurance thus it is no longer necessary to purchase individual policies.