Review principles and content of **Communication/Patient Teaching**, including
- Patient satisfaction, importance of team approach including the patient and family
- CPAP, assessing knowledge and teaching
- Giving reassurance re: electrodes and wires and ability to sleep while connected
- Sleep hygiene

Review principles of **safety and infection prevention**, including
- Handwashing before working with each patient
- Patient identifiers
- Advising patient who desires to leave after taking sleep medication

Review **assessment process**, including
- Apnea, definition
- Discuss key items on questionnaire during initial interview
- Obtain input of bed partner in describing symptoms
- Sleep latency (MSLT), questions to assess
- Maintenance of Wakefulness Test (MWT), purpose
- Sleep architecture, parameters
- Delta waves, EEG frequency for scoring
- Strip interpretation, Cheyne-Stokes respirations, obstructive apnea
- Sweat/respiration artifact, characteristics
- AHI, normal value with no co-morbidities
- CPAP titration complete and appropriate pressure determined, identify
- REM sleep, EEG characteristics, additional defining characteristics

Review important aspects of **polysomnography technique**, such as
- Applying EEG electrodes, first step
- EEG, biocalibration
- Locating inion; Cz
- Reason for avoiding excessive prep material/paste
- Claustrophobic patient, avoid obstructing vision
- Troubleshooting, impedance of 14 kilohms – remove and reprep

Review **principles of documentation**, including
- Correcting error in handwritten documentation
- Information to document only in comments