

A.A.S. in Polysomnographic (Sleep) Technology

DESCRIPTION OF THE POLYSOMNOGRAPHIC (SLEEP) TECHNOLOGY PROGRAM

The associate in applied science (A.A.S.) in polysomnographic (sleep) technology is a 60-credit degree program. It combines hands-on classroom instruction and fieldwork in clinical sleep laboratories. When you graduate, you will be prepared to obtain a New York State license to practice as a professional sleep technician.

SKILLS

Detail oriented. Sleep technicians must follow sleep center procedures related to the sleep study.

Technically oriented. Sleep techs are required to operate equipment. They should be comfortable using computers.

Interpersonal skills. Sleep techs interact with patients, physicians and other sleep technicians. Good verbal and written communication skills are required.

CAREER INFORMATION

This allied health field studies sleep-related disorders. Working under a licensed physician, these healthcare professionals are part of a team assisting in the education, evaluation, and treatment of sleep disorders in patients of all ages. You will work overnight with sleeping patients, measuring biological factors during sleep and observational reporting.

EMPLOYMENT OUTLOOK

Employment in this field is projected to grow 11 percent in the next 10 years, much faster than the average for all occupations.

CAREER PATH

The annual salary range for a licensed sleep technician is \$40,000 to \$65,000. Many full-time jobs at hospitals and laboratories consist of three 12-hour night shifts per week. These jobs may include excellent benefits. The 3-day schedule allows sleep technicians to continue to pursue higher education (or other interests) while still working full-time. Part-time work is also often available.

CAREER COACH – SEARCH CAREER INFORMATION & CURRENT LOCAL WAGE DATA

<https://kingsborough.emsicc.com/programs/polysomnographic-technology-aas>

INFORMATION ON HOW TO APPLY: www.cuny.edu/apply or 718-368-4600

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