

Polysomnographic Technologist

Polysomnographic technologists work under the supervision of a physician in the field of sleep medicine. They help evaluate and treat more than 70 sleep-wake disorders, such as narcolepsy and sleep apnea (a disorder that occurs when a person’s breathing is interrupted during sleep.). Polysomnographic technologists perform “sleep studies” on patients while they sleep, recording clinical data (i.e. the patient’s brain activity, heart rate, breathing patterns, blood oxygen levels). The polysomnographic technologist uses this clinical data to develop a sleep study report, which is used by the physician to diagnose or evaluate sleep disorders.

Education

An associate’s or a bachelor’s degree in a [Department-registered](#) polysomnographic technology licensure program. Polysomnographic technology education programs in New York State must be approved by the New York State Education Department.

Examination

Board of Registered Polysomnographic Technologists (BRPT),
Registered Polysomnographic Technology examination

- ▶ Visit the [Office of the Professions](#) for a listing of all license options and requirements.



Salary and Projected Growth

- Median salary: \$54,427
- Salary range: \$48,932-\$60,459
- Projected growth: opportunities in the field are expanding

Where Could I Work?

- Sleep laboratories in hospitals or clinics
- Offices of physicians specializing in sleep medicine

Your Interests and Abilities

- Biology, chemistry, and medical technology
- Supervised clinical education

Professional Skills

- Concern for others
- Cooperation
- Communication
- Attention to detail

What Interests You?

Match your interests and personality to career options!
Explore a free career tool at mynextmove.org/explore/ip

Tip: try searching for mentoring programs—talk to a polysomnographic technologist about what they do and how they got started!