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Question: 1

Which of the following is characteristic of sleep during the second trimester of pregnancy?

- A. Total sleep time (TST) decreases to pre-pregnancy levels.
- B. Slow-wave sleep (SWS) decreases.
- C. REM sleep decreases.
- D. Shortness of breath decreases.

Answer: A

Explanation:

The correct answer is that total sleep time (TST) decreases to pre-pregnancy levels. Slow-wave sleep (SWS) is normal during the second trimester of pregnancy. REM sleep decreases during the third, not the second, trimester of pregnancy. Shortness of breath increases, not decreases, during the second trimester of pregnancy.

Question: 2

The amount of blood that is pumped through the ventricles is known as

- A. cardiac output.
- B. pulmonary vascular resistance.
- C. stroke volume.
- D. cardiac index.

Answer: A

Explanation:

The correct answer is cardiac output. Cardiac output, which is usually calculated in liters per minute, is the amount of blood that is pumped through the ventricles. Normal cardiac output is about 5 L/min for an adult at rest. Pulmonary vascular resistance (PVR) is the resistance in the pulmonary arteries and arterioles against which the right ventricle has to pump during contraction. PVR is the mean pressure in the pulmonary vascular bed divided by the blood flow. Stroke volume (SV) is the amount of blood pumped through the left ventricle with each contraction, minus any blood that remains inside the ventricle at the end of systole. Normal SV values are 60-70 mL. Cardiac index (CI) is the cardiac output divided by the body surface area (BSA).

Question: 3

Twitching movements of the fingers, toes, and mouth that may occur during stage W, non- REM, and REM sleep are known as

- A. bruxism.
- B. excessive fragmentary myoclonus (EFM).
- C. REM sleep behavior disorder (RBD).
- D. rhythmic movement disorder CRMD).

Answer: B

Explanation:

The correct answer is excessive fragmentary myoclonus (EFM). Scoring requires that the activity continue for at least 20 minutes of non-REM sleep, with at least five EMG potentials per minute. EPM appears to be benign. The duration of an activity burst is usually 150 ms or less, but it may be greater than 150 ms if twitching is obvious. By contrast, bruxism is the grinding of the teeth. In REM sleep behavior disorder (RBD), some transient muscle activity (usually involving the muscles of the hands, feet, or mouth) often occurs during REM sleep. In addition, some large muscle activity may occur, but does not involve muscle activity across joints. Rhythmic movement disorder (RMD) is common in infants beginning at approximately six months of age and continuing until two to three years of age, it is rare after age five unless a patient has a central nervous system injury. It often includes rocking, head rolling, or head banging. Some children may also have leg banging and body rolling. Most often, RMD occurs either during stage W, when the patient is very drowsy, or during stage 1 non-REM sleep. The rhythmic movements may be accompanied by humming.

Question: 4

What is the purpose of the American Sleep Apnea Association's AWAKE. program?

- A. To provide specialized training to future sleep technologists.
- B. To provide education, guidance, and ongoing support for sleep apnea.
- C. To diagnose sleep apnea.
- D. To fit sleep apnea patients with continuous positive airway pressure masks.

Answer: B

Explanation:

The purpose of the American Sleep Apnea Association's A.W.A.K.E. program is to educate people about sleep apnea, in order to enable them to manage their health and to provide guidance and ongoing support. It is a program comprised of self-help groups. Groups are advised to be sponsored by a sleep professional (although this is not a requirement). A coordinator leads the meetings, and guest speakers are often invited to speak on topics of interest to the group. ASAA provides suggested meeting topics, and groups meet from monthly to quarterly. In addition, ASAA provides educational material (e.g., newsletters, reports, or videos). AWAK.E. does not provide specialized training to future sleep technologists, diagnose sleep apnea, or fit sleep apnea patients with continuous positive airway pressure masks.

Question: 5

The cEMG provides information on all of the following EXCEPT

- A. snoring.
- B. teeth grinding.
- C. electrical activity within the brain.
- D. muscle tone of the chin muscles.

Answer: C

Explanation:

The cEMG is the chin electromyogram. By recording the muscle tone of the chin muscles, it helps the observer to identify REM sleep (during which there is a reduced muscle tone). The cEMG provides information about snoring, which causes artifacts on cEMG. In addition, it provides information on teeth grinding, which causes muscular movement. It is the EEG (not the cEMG) that provides information on the electrical activity within the brain. Through the use of scalp electrodes, the EEG measures electrical brain activity in order to rule out seizure disorders and to determine sleep-wake state characteristics.

Question: 6

Which of the following constitutes good sleep hygiene?

- A. Drinking alcohol before going to bed.
- B. Watching TV in bed right before trying to go to sleep.
- C. Getting up to do something relaxing after 20 minutes in bed without falling asleep.
- D. Taking naps during the day.

Answer: C

Explanation:

The correct answer is that if one is not asleep within 20 minutes of going to bed, he or she should get up to do something relaxing until feeling sleepy. According to the principles of good sleep hygiene, the bed should only be used for sleeping and sex. Good sleep hygiene involves avoiding activities that interfere with sleep, such as smoking, drinking alcohol or caffeinated beverages, watching TV in bed right before trying to go to sleep, and taking naps during the day.



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