

UW HEALTH JOB DESCRIPTION

Sleep Technologist

Job Code: 540029	FLSA Status: Non-Exempt	Mgt. Approval: B. Gallup	Date: September 2020
Department: Joint Venture – Sleep Lab		HR Approval: J. Olson	Date: September 2020

JOB SUMMARY

The Sleep Technologist performs a variety of sleep studies to diagnose the type and extent of disorders. The Sleep Technologist works closely with patients to diagnose and determine therapy for a variety of disorders related to sleep. Technologists score sleep data and prepare raw data for physician and/or research interpretation.

MAJOR RESPONSIBILITIES

1. Collect, analyze, and integrate patient information in order to identify and meet the patient-specific needs (age, physical/mental limitations, current emotional/physiological status regarding the testing procedure, pertinent medical/social history).
2. Electrically interface data outputs of capnographs, oximeters, and respiratory inductive plethysmographs to inputs of electrophysiologic amplifiers and computer-based recorders.
3. Determine final testing parameters/procedures in conjunction with the ordering physician or clinical director and laboratory protocols.
4. Perform operational checks prior to initiating the study and ensure the accuracy and safety of instruments in use during patient recording.
5. Set up and maintain the following pieces of equipment: nasal/oral thermocouples, impedance converters, EOG, EEG, EKG, EMG, surface electrodes, oximetry probes, capnography sampling lines, and inductive plethysmogram converters to accepted published standards.
6. Perform routine positive airway pressure (PAP) interface fitting and desensitization.
7. Follow procedural protocols such as Multiple Sleep Latency Test (MSLT), Maintenance of Wakefulness Test (MWT), parasomnia studies, PAP and oxygen titration to ensure collection of appropriate data.
8. Perform appropriate physiological calibrations to ensure proper signals and make required adjustments.
9. Perform data acquisition while monitoring study-tracing quality to ensure signals are artifact-free. Identify, correct, and document artifact.
10. Document routine observations including sleep stages, clinical events, changes in procedure, and other significant events in order to facilitate scoring and interpretation of polysomnographic results.
11. Implement appropriate interventions for patient safety and therapeutic intervention such as positive airway pressure and oxygen administration.
12. Score sleep/wake stages and clinical events (such as respiratory events, cardiac events, limb movements, arousals, etc.) utilizing American Academy of Sleep Medicine (AASM) standards.
13. Demonstrate the knowledge and skills necessary to perform portable monitoring equipment preparation and data download.
14. Perform patient education and instruction appropriate for home sleep apnea testing.
15. Comply with applicable laws, regulations, guidelines, and standards regarding safety and infection control issues.
16. Recognize and respond to cardiac emergencies during sleep studies.

ALL DUTIES AND REQUIREMENTS MUST BE PERFORMED CONSISTENT WITH THE UW HEALTH PERFORMANCE STANDARDS.

JOB REQUIREMENTS

Education	Minimum	High School Diploma
	Preferred	Graduate of an accredited school of Polysomnography Associate degree in related field
Work Experience	Minimum	Experience in a clinical setting
	Preferred	One (1) year of experience as a Sleep Technologist or Respiratory Therapist, Certified Medical Assistant, or Licensed Practical Nurse
Licenses & Certifications	Minimum	CPR certification Registration as a Polysomnographic Technologist (RPSGT) must be obtained within two (2) years from date of hire
	Preferred	Registered Polysomnographic Technologist (RPSGT)

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Required Skills, Knowledge, and Abilities	<ol style="list-style-type: none"> 1. Demonstrated computer skills appropriate for the position 2. Ability to work with minimal supervision 3. Demonstrated critical thinking, ability to analyze complex situations, and ability to apply policy 4. Ability to initiate appropriate therapeutic interventions according to laboratory policy 5. Ability to troubleshoot respiratory therapy devices and physiologic monitoring equipment 6. Ability to maintain accurate records 7. Strong analytical and organizational skills 8. Ability to work as a member of a team 9. Excellent written and verbal communication skills 10. Ability to set up and monitor two patients independently 11. Ability to demonstrate adherence to cleaning and disinfection procedures
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AGE SPECIFIC COMPETENCY (Clinical jobs only)

Identify age-specific competencies for direct and indirect patient care providers who regularly assess, manage and treat patients.

Instructions: Indicate the age groups of patients served either by direct or indirect patient care by checking the appropriate boxes below. Next,

<input checked="" type="checkbox"/>	Infants (Birth – 11 months)	<input checked="" type="checkbox"/>	Adolescent (13 – 19 years)
<input checked="" type="checkbox"/>	Toddlers (1 – 3 years)	<input checked="" type="checkbox"/>	Young Adult (20 – 40 years)
<input checked="" type="checkbox"/>	Preschool (4 – 5 years)	<input checked="" type="checkbox"/>	Middle Adult (41 – 65 years)
<input checked="" type="checkbox"/>	School Age (6 – 12 years)	<input checked="" type="checkbox"/>	Older Adult (Over 65 years)

JOB FUNCTIONS

Review the employee's job description and identify each essential function that is performed differently based on the age group of the patient.

PHYSICAL REQUIREMENTS

Indicate the appropriate physical requirements of this job in the course of a shift. *Note: reasonable accommodations may be made available for individuals with disabilities to perform the essential functions of this position.*

Physical Demand Level		Occasional Up to 33% of the time	Frequent 34%-66% of the time	Constant 67%-100% of the time
	Sedentary: Ability to lift up to 10 pounds maximum and occasionally lifting and/or carrying such articles as dockets, ledgers and small tools. Although a sedentary job is defined as one, which involves sitting, a certain amount of walking and standing is often necessary in carrying out job duties. Jobs are sedentary if walking and standing are required only occasionally and other sedentary criteria are met.	Up to 10#	Negligible	Negligible
<input checked="" type="checkbox"/>	Light: Ability to lift up to 10 pounds maximum and occasionally lifting and/or carrying such articles as dockets, ledgers and small tools. Although a sedentary job is defined as one, which involves sitting, a certain amount of walking and standing is often necessary in carrying out job duties. Jobs are sedentary if walking and standing are required only occasionally and other sedentary criteria are met.	Up to 20#	Up to 10# or requires significant walking or standing, or requires pushing/pulling of arm/leg controls	Negligible or constant push/pull of items of negligible weight
	Medium: Ability to lift up to 50 pounds maximum with frequent lifting/and or carrying objects weighing up to 25 pounds.	20-50#	10-25#	Negligible-10#
	Heavy: Ability to lift up to 100 pounds maximum with frequent lifting and/or carrying objects weighing up to 50 pounds.	50-100#	25-50#	10-20#
	Very Heavy: Ability to lift over 100 pounds with frequent lifting and/or carrying objects weighing over 50 pounds.	Over 100#	Over 50#	Over 20#
List any other physical requirements or bona fide occupational qualifications:		Able to work night shift		

Note: The purpose of this document is to describe the general nature and level of work performed by personnel so classified; it is not intended to serve as an inclusive list of all responsibilities associated with this position.