



POLYSOMNOGRAPHIC TECHNICIAN

Resource List

October 2011

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CGTC Library Resources
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Print Books:

100 Questions and Answers about Sleep and Sleep Disorders / S. Chokroverty.
RC 547 .C483 2001

Atlas of Clinical Sleep Medicine / M. Kryger.
RC 547 .A835 2010

Atlas of Digital Polysomnography / J. Geyer.
RC 547 .A836 2000

Atlas of Infant Polysomnography / D. Crowell.
RJ 506 .S55 .C76 2003

Atlas of Polysomnography, 2nd ed. / J. Geyer.
RC 547 .A836 2010

Atlas of Sleep Medicine / S. Chokroverty.
RC 547 .C476 2005

Breathing Disorders in Sleep / W. McNicholas.
RC 737.5 .B735 2002

Cardiovascular Disease and Sleep Apnea / Lippincott, Williams & Wilkins.
RC 737.5 .L57 2010

Clinical Companion to Sleep Disorders Medicine / S. Chokroverty.
RC 547 .C48 2000

Clinical Guide to Pediatric Sleep, 2nd ed. / J. Mindell.
RJ 506.5 .S55 M54 2010

Clinical Sleep Disorders / R. Carney.
RC 547 .C565 2005

Clinicians' Guide to Sleep Medicine / N. Douglas.
RC 547 .D68 2002

Concise Guide to Evaluation and Management of Sleep Disorders / M. Reite.
RC 547 .R45 2002

Conditioned Arousal in Insomnia Patients / A. Cortoos.
RC 548 .C67 2010

Drug Therapy and Sleep Disorders / J. Esherick.
RC 547 .E835 2004

Encyclopedia of Sleep and Sleep Disorders / M. Thorpy.
RC 547 .Y34 2001

Essentials of Polysomnography : Training Guide and Reference for Sleep Technicians /
W. Spriggs.
RC 547 .S676 2010

Focus on Sleep Medicine : A Self-Assessment / T. Lee-Chiong.
RC 547 .L437 2010

Fundamentals of Sleep Medicine / R. Berry.
RC 547 .B47 2012

Fundamentals of Sleep Technology / N. Butkov.
RC 547 .F86 2007

Genetics of Sleep and Its Disorders [Sleep Medicine Clinics, v.6, no.2] / A. Pack.
RC 547 .G57 2011

Handbook for Sleep Medicine Technologists / S. Lenik.
RC 547 .L54 2009

Handbook of Sleep Medicine, 2nd ed. / A. Avidan.
RC 547 .A86 2011

Medications and Sleep [Sleep Medicine Clinics, v.5, no.4] / T. Roehrs.
RC 547 .M33 2010

Natural Sleep Solutions for Insomnia / C. Adams.
RC 547 .A35 2010

Obstructive Sleep Apnea : A Medical Dictionary, Bibliography, and Annotated Research
Guide to Internet References / J. Parker.
RC 737.5 .O27 2004

The Official Patient's Sourcebook on Insomnia / J. Parker.
RC 548 .O37 2004

The Official Patient's Sourcebook on Restless Leg Syndrome / J. Parker.
RC 548.5 .O37 2002

The Official Patient's Sourcebook on Sleep Apnea / J. Parker.
RC 737.5 .O37 2002

Overcoming Insomnia : A Cognitive-Behavioral Therapy Approach / J. Edinger.
RC 548 .E35 2008

Polysomnography I / T. Lee-Chiong Jr.
RC 547 .P57 2005

Polysomnography : [Development of Sleep Recording to Its Present Form] / L. Epstein.
RC 547 .P58 2009

Primer of Polysomnogram Interpretation / M. Pressman.
RC 547 .P74 2002

Principles and Practice of Sleep Medicine, 5th ed. / M. Kryger.
RC 547 .P75 2011

Principles of Polysomnography / W. Spriggs.
RC 547 .S677 2002

Principles of Polysomnography : A Complete Training Program for Sleep Technicians /
J. Robins.
RC 547 .R35 2008

Principles of Polysomnography : Practice Examination Manual / American Sleep
Academy.
RC 547 .R356 2008

Restless Leg Syndrome : A Medical Dictionary, Bibliography, and Annotated Research
Guide to Internet References / J. Parker.
RC 548.5 .R78 2004

Review of Sleep Medicine / T. Barkoukis.
RC 547 .R484 2007

Sleep Deprivation : A Medical Dictionary, Bibliography, and Annotated Research Guide
to Internet References / J. Parker.
RC 548 .S56 2004

Sleep Disorders and Sleep Deprivation : An Unmet Public Health Problem / IOM.
RC 547 .S554 2006

Sleep Disorders : Diagnosis and Treatment / J. Poceta.
RC 547 .S522 1998

Sleep Disorders for Dummies / M. Hirshkowitz.
RC 547 .H576 2004

Sleep Disorders Medicine : Basic Science, Technical Considerations, and Clinical Aspects, 3rd ed. / S. Chokroverty.
RC 547 .S534 2009

Sleep Medicine / T. Lee-Chiong Jr.
RC 547 .S547 2002

Sleep Medicine : A Guide to Sleep and Its Disorders / J. Shneerson.
RC 547 .S475 2005

Sleep Medicine Essentials / T. Lee-Chiong.
RC 547 .S54737 2009

Sleep Medicine : Essentials and Review / T. Lee-Chiong.
RC 547 .L44 2008

Sleep Medicine : [Normal Sleep, Sleep Disorders & Sleep in Specialty Areas] / H. Smith.
RC 547 .S5472 2008

Sleep Medicine Secrets / D. Stevens.
RC 547 .S548 2004

Sleep, Memory and Learning [Sleep Medicine Clinics, v.6, no.1] / R. Stickgold.
RC 547 .S550 2011

Sleep Research and Polysomnography / R. De Vecchia.
RC 547 .S565 2003

Symposium on Sleep Apnea / S. Thawley.
RC737.5 .S96 1985

Treating Sleep Disorders / M. Perlis.
RC 547 .T745 2003

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Print Journals:

A2Zzz : Official Publication of the American Association of Sleep Technologists
(subscription begins January 2012)

Sleep Review : The Journal for Sleep Specialists
(subscription begins January 2012)

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Online Journal Subscriptions via [GALILEO](#):

| <u>Journal Title</u> | <u>GALILEO Database</u> |
|--|--|
| Behavioral Sleep Medicine ISSN 1540-2002 | EBSCOhost Psychology and Behavioral Sciences Collection |
| Journal of Sleep Research ISSN 0962-1105 | EBSCOhost Advanced Placement Source |
| Open Sleep Journal ISSN 1874-6209 | Directory of Open Access Journals & EBSCOhost Academic Search Complete |
| Sleep and Biological Rhythms ISSN 1446-9235 | EBSCOhost Advanced Placement Source |
| Sleep and Breathing ISSN 1520-9512 | ProQuest Social Science Journals |
| Sleep and Hypnosis ISSN 1302-1192 | CINAHL with Full Text in EBSCOhost & ProQuest Nursing & Allied Health |
| Sleep Research Online ISSN 1096-214X | Free E-Journals www.sro.org |

Online Consumer Health Reports via [GALILEO](#):

| | |
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| Insomnia | EBSCOhost Health Source Consumer Accession # 25977839 |
| Narcolepsy | EBSCOhost Health Source Consumer Accession # 25977843 |
| Restless Legs Syndrome | EBSCOhost Health Source Consumer Accession # 20517095 |
| Sleep Apnea | EBSCOhost Health Source Consumer Accession # 25977846 |

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[eBooks from EBSCOhost:](#)

Ambien : A Medical Dictionary, Bibliography, and Annotated Research Guide to Internet References / J. Parker.
Icon Group, 2003.

Anxiety Disorders (Sleep Aspects of Anxiety Disorders) / D. Nutt.
Blackwell Publishers, 2003.

Behavioral Medicine : A Guide for Clinical Practice, 3rd ed. / M. Feldman.
McGraw Hill Professional. 2008.

Biological Signals Relevant to Sleep / R. Velluti.
Karger, 2000.

Case Studies in Sleep Neurology : Common & Uncommon Presentations / A. Culebras.
Cambridge University Press. 2010.

Clinical Adult Neurology, 3rd ed. / J. Corey-Bloom.
Demos Medical Publishing. 2009.

Clinical Guide to Sleep Disorders in Children and Adolescents / G. Stores.
Cambridge University Press, 2004.

Clinical Pediatric Neurology, 3rd ed. / R. David.
Demos Medical Publishing. 2009.

Complete Idiot's Guide to Getting a Good Night's Sleep / M. Moore-Ede.
Alpha Books, 1998.

Current Essentials of Medicine, 4th ed. / L. Tierney.
McGraw-Hill Professional. 2011.

Disorders of Voluntary Muscle, 8th ed. / G. Karpati.
Cambridge University Press. 2010.

Dreaming : A Very Short Introduction / J. Hobson.
Oxford University Press. 2005.

Epidemiology of Sleep : Age, Gender, and Ethnicity / K. Lichstein.
Lawrence Erlbaum Associates, 2004.

Handbook of EEG Interpretation / W. Tatum.
Demos Medical Publishing, 2008.

Harrison's Manual of Medicine, 17th ed. / A. Fauci.
McGraw-Hill Professional, 2009.

Harvard Medical School Guide to a Good Night's Sleep / L. Epstein.
McGraw-Hill Professional, 2007.

Insomnia : Medical Dictionary, Bibliography, and Annotated Research Guide to Internet
References / J. Parker.
Icon Group International, Inc, 2004.

Lange 2010 Current Medical Diagnosis & Treatment, 49th ed. / S. McPhee.
McGraw-Hill Professional, 2010.

Let's Talk About When You Have Trouble Going to Sleep / S. Kent.
Rosen Publishing Group, 2000.

Neurocircuitry and Neuroautonomic Disorders / F. Lechin.
Karger, 2002.

Neuronal Substrates of Sleep and Epilepsy / M. Steriade.
Cambridge University Press, 2003.

The Official Patient's Sourcebook on Sleep Apnea / J. Parker.
Icon Group, 2002.

The Official Patient's Sourcebook on Restless Leg Syndrome / J. Parker.
Icon Group International, Inc, 2002.

On Sleep and Sleeplessness / Aristotle.
Alex Catalogue.

Paradox of Sleep : The Story of Dreaming / M. Jouvet.
MIT Press, 1999.

Parasomnias and Other Sleep-Related Movement Disorders / M. Thorpy.
Cambridge University Press, 2010.

Pharmacotherapy in Chronic Obstructive Pulmonary Disease (Sleep-Related Breathing
Disturbances in COPD) / B. Celli.
Marcel Dekker, 2004.

Pulmonary Pathophysiology, 3rd ed. : A Clinical Approach / J. Ali.
McGraw-Hill Professional. 2010.

Regulation of Sleep and Circadian Rhythms / F. Turek.
New York : Marcel Dekker, 1999.

Sleep and Breathing in Children : A Developmental Approach / G. Loughlin.
Marcel Dekker, 2000.

Sleep and Dreaming : Scientific Advances and Reconsiderations / E. Pace-Schott.
Cambridge university Press, 2003.

Sleep and Sleep Disorders: A Neuropsychopharmacological Approach / M. Lader.
Landes Bioscience, Inc., 2006.

Sleep Apnea : Implications in Cardiovascular and Cerebrovascular Disease / T. Bradley.
Marcel Dekker, 2000.

Sleep As a State of Consciousness in Advaita Vedānta / A. Sharma.
Albany State University of New York Press, 2004.

Sleep Disorders and Neurological Disease / A. Culebras.
Marcel Dekker, 2000.

Sleep Disorders by the Cleveland Clinic / N. Foldvary-Schaefer.
Oxford University Press. 2010.

Sleep Needs, Patterns, and Difficulties of Adolescents / M. Graham.
National Academies Press, 2000.

Snoring and Sleep Apnea : Sleep Well, Feel Better, 4th ed. / R. Pascualy.
Demos Medical Publishing. 2008.

Surgery for Sleep-Disordered Breathing / K. Hormann.
Springer Science, 2005.

Textbook of Anxiety Disorders, 2nd ed. / D. Stein.
American Psychiatric Publishing, Inc. 2010.

Woman's Guide to Sleep Disorders / M. Kryger.
McGraw-Hill, 2004.

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Video/DVD Resources in Library:

How to Perform a Sleep Study (DVD)
How to Perform a Pediatric Sleep Study (DVD)
Human Body Series: Sleep
Insomnia (DVD)
Principles of Polysomnography Training Videos
The Sleep Famine : The Effects of Sleep Deprivation and Chronic Fatigue (DVD)
Sleeping Well (DVD)

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[Online Videos via FILMS ON DEMAND:](#)

To access FILMS ON DEMAND from Macon, Milledgeville, Crawford, Monroe or Putnam sites:

1. Go the CGTC Library Services website: www.centralgatech.edu/library
2. Select the FILMS ON DEMAND graphic 
- 3a. Type a topic of interest in the “Search” box such as < **sleep** > and press enter
OR
- 3b. Click on the “SUBJECTS” button at top to display a drop-down menu. When you click on a specific subject, the screen will display narrower topics of interest
4. Recommended Subject Headings for PSGT videos:
 - Psychology > Biological Psychology > Sleep & Biological Rhythms
 - Health & Medicine > various categories

*Off-Campus Users will be prompted for a GALILEO password after step “2.” above.
To obtain the GALILEO Password:

1. Login to accessCGTC (<https://accesscgtc.centralgatech.edu>)
2. Select the "Learning & Library" tab
3. Look in the right column for the “GALILEO Password” window

*Alternate, direct access to FILMS ON DEMAND from Off-Campus:

1. Go to: <http://digital.films.com>
2. Enter the following “User ID/Email” and “Password” info (in all lowercase letters) and then click the Login button:
 - **User ID/Email:** cgtc
 - **Password:** library

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Polysomnography & Related Web Sites:

Advance for Sleep Medicine
www.advanceforsleep.com

American Academy of Sleep Medicine (AASM)
www.aasmnet.org

American Association of Sleep Technologists (AAST)
www.aastweb.org

American Board of Sleep Medicine
www.absm.org

American Sleep Association
www.sleepassociation.org

American Sleep Apnea Association
www.sleepapnea.org

Board of Registered Polysomnographic Technologists (BRPT)
www.brpt.org

Georgia Association of Sleep Professionals
<http://gasleep.org>

National Center on Sleep Disorders Research
www.nhlbi.nih.gov/about/ncsdr

National Sleep Disorders Research Plan
www.nhlbi.nih.gov/health/prof/sleep/res_plan/index.html

National Sleep Foundation
www.sleepfoundation.org

Restless Legs Syndrome Foundation
www.rls.org

Sleep Centers Accredited by the American Academy of Sleep Medicine
www.sleepcenters.org

Sleep Disorders – National Library of Medicine
www.nlm.nih.gov/medlineplus/sleepdisorders.html

SleepEducation.com
www.sleepeducation.com

Sleep Research Society
www.sleepresearchsociety.org

Sleep Solutions (Online Videos about) Sleep Disorders
www.sleep-solutions.com/cons/cons_videos.htm

Southern Sleep Society
www.southernsleepsociety.org

World Sleep Federation : World Federation of Sleep Research & Sleep Medicine Societies
www.wfsrsm.org

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Full Text Databases Online via GALILEO :
Part of the Database Offerings in [GALILEO](#), Georgia's Virtual Library

EBSCOhost full-text journal databases:

[Academic Search Complete](#)
[Advanced Placement Source](#)
[CINAHL with Full Text](#)
[Consumer Health Complete](#)
[Health Source : Nursing/Academic Edition](#)
[MasterFILE Premier](#)
[MEDLINE \(Index and Abstracts\)](#)
[Psychology and Behavioral Sciences Collection](#)
[Vocational and Career Collection](#)

Merck Manual

National Library of Medicine Gateway

ProQuest full-text journal databases:

[Career & Technical Education](#)
[ProQuest Nursing & Allied Health](#)
[Research Library](#)

Full Text Databases Online via CGTC Library Services

Learning Express Library

Health Careers Practice Entrance Tests