

# Polysomnography - Sleep Medicine

## Application Packet





**100%**  
Job Placement

## Polysomnography - Sleep Medicine A.A.S. Degree

### Become a Sleep Technician and Help People Get the Rest They Need

Insufficient sleep can cause serious health problems and is at epidemic rates among the U.S. population. It is estimated that 50-70 million Americans regularly experience some type of sleep disruption including insomnia, narcolepsy, apnea and others.

Polysomnographic (PSG) Technology is a special branch of allied health that diagnoses and treats sleep disorders. PSG technologists operate a variety of electronic monitoring devices that record brain activity (EEG), muscle and eye movement, respiration, and blood oxygen levels. Technologists also help evaluate treatment methods.

Alvin College was the first college in the state of Texas to offer an associate of applied science degree in Polysomnography technology. Presently, only two colleges in the state offer this degree. As an Alvin College Polysomnography student, you will be prepared by highly qualified instructors and equipped with the knowledge and skills required to enter the growing field of sleep medicine.

### Career Opportunities

According to the Bureau of Labor Statistics, jobs for medical and clinical laboratory technicians (the category representing Sleep Technicians) are expected to increase 2% between 2024 and 2034. According to the Bureau of Labor Statistics, the average annual salary of a Sleep Technician is \$61,890.

### What Will I Study?

Our Polysomnography program allows students to learn about sleep as a component of health, sleep disorders, and the knowledge, skills, and behaviors needed to become a sleep technologist. The curriculum includes courses in basic health profession skills, anatomy and physiology, sleep disorders, sleep medicine, polysomnographic technology and more.



Scan for more information or visit: [alvincollege.edu/polysomnography](https://alvincollege.edu/polysomnography)

Accredited by the Southern Association of Colleges and Schools Commission on Colleges. Learn more at [www.alvincollege.edu/about/accreditation.html](http://www.alvincollege.edu/about/accreditation.html).

Revised 2/2026

# Polysomnography Information Sessions

Dream big.  
Study sleep.  
Save lives.



## INFORMATION SESSIONS

<b><u>Date</u></b>	<b><u>Time</u></b>	<b><u>Date</u></b>	<b><u>Time</u></b>
May 5	1 p.m.	September 3	11 a.m.
June 3	11 a.m.	September 9	3 p.m.
June 18	2 p.m.	September 21	11 a.m.
July 8	1 p.m.	September 28	2 p.m.
July 14	3 p.m.	October 2	1 p.m.
July 22	11 a.m.	October 5	3 p.m.
August 5	10:30 a.m.	October 13	2 p.m.
August 28	2 p.m.	October 21	1 p.m.
		October 28	3 p.m.

All sessions located in room S-242 or join us online.

To join online, visit: [tinyurl.com/Polysom-Info-Sessions-2026](https://tinyurl.com/Polysom-Info-Sessions-2026) or scan the QR code!



# Polysomnography - Sleep Medicine

Associate of Applied Science Degree

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**Application Deadline:** November 1

**Program Start:** Spring Semester - January

## Start Here

If you are new to Alvin College, apply online at: [www.applytexas.org](http://www.applytexas.org) and submit official transcripts to Admissions.

## Admission Requirements

*REQUIRED COURSES - Completion of the following courses with a minimum grade of 'C' no later than spring semester of the application year.*

- ENGL 1301 - Composition I
- BIOL 2401 - Anatomy & Physiology I
- BIOL 2402 - Anatomy & Physiology II

*ACADEMIC COURSES - Completion of the following courses is not required at the time of application, but is strongly recommended prior to admission.*

- 3 Credits: Social/Behavioral Science Core Elective
- 3 Credits: Creative Arts Core or Language, Philosophy & Culture Core Elective
- Must be TSI complete

## Attend an Information Session

*All applicants are required to attend an information session.*

- Visit [alvincollege.edu/polysomnography](http://alvincollege.edu/polysomnography) for upcoming information session dates
- Email your name and date you will be attending to [polysom@alvincollege.edu](mailto:polysom@alvincollege.edu)

## Apply

- Complete an online application: Open July 1 - November 1  
Visit [alvincollege.edu/polysomnography/application](http://alvincollege.edu/polysomnography/application)

## Additional Requirements

Email the following to [polysom@alvincollege.edu](mailto:polysom@alvincollege.edu)

- Immunization record showing at least 2 or 3 shots completed in Hepatitis B series or a titer
- Consent forms

## What's Next?

Wait to be contacted by the department. Please be patient; it can take several weeks for admission applications to be processed.

## If Accepted?

A condition of admission is based on completion and/or of submission of the following:

- Proof of personal health insurance
- Passing a drug screening
- Physical examination
- Immunization record showing:

Completion of Hepatitis B Immunization series (may take up to 6 months), MMR, TDaP, TB, Varicella, and Influenza (please note: a titer may be required for some of these immunizations)

- Cleared criminal background
- Attend program orientation

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**For more information, email:** [polysom@alvincollege.edu](mailto:polysom@alvincollege.edu)

Admission steps are subject to change at any time.

Please visit <http://www.alvincollege.edu/admissions/getting-started-first-time-students.html> for the most up-to-date information.

Alvin College is an Equal Opportunity Institution.

# Polysomnography - Sleep Medicine

281-756-5610

## Associate of Applied Science Degree Program (A.A.S.)

**Purpose:** The sleep technologist cares for patients with sleep disorders that affect sleep and wakefulness, providing care for patients who range in age from infants to the elderly. The range of services provided includes comprehensive evaluation and treatment of sleep disorders including in-center polysomnographic testing and home sleep apnea testing, diagnostic and therapeutic interventions, comprehensive patient care and direct patient education. This broad range of services requires that the sleep technologist exercise critical thinking and independent judgment and possess an advanced knowledge of sleep technology, sleep/wake disorders and associated co-morbid conditions such as cardiac disease, pulmonary disorders and diabetes.

**Program Overview:** The majority of technical course work for the program is completed on campus. The clinical experiences are 1-2 nights per week at hospitals and Sleep Centers in the greater Houston area. Graduates are prepared for Board Registration by the Board of Registered Polysomnographic Technologists (BRPT). The program is fully accredited by the Committee on Accreditation for Polysomnographic Technologists Education (CoA-PSG), and the Commission on Accreditation of Allied Health Education Programs (CAAHEP), [www.caahep.org](http://www.caahep.org).

**Admission Requirements:** A new class begins each spring semester. Application periods are typically August through October. Application must be submitted by November 1.

To be considered for admission to the Polysomnography program, the applicant must:

- a. Apply to Alvin College and fulfill the admission requirements. <http://www.alvincollege.edu/Steps-to-Getting-Started>
- b. Apply to the Polysomnography Program: Application Packets located at Alvin College or at <http://www.alvincollege.edu/Polysomnography>
- c. Attend an Polysomnography Information Session: Schedule a session at <http://www.alvincollege.edu/Polysomnography>
- d. Proof of college credit for BIOL 2401, BIOL 2402, and ENGL 1301 before the January start date.
- e. Not currently be on suspension or academic probation.
- f. Meet technical standards to perform procedures safely with accuracy and precision as listed in the application.
- g. After acceptance, applicant must complete a physical examination, meet immunization requirements, pass a background check, clear drug screening, provide proof of medical insurance, and attend the Polysom Program Orientation. Details on when and where to complete these will be provided in the acceptance email.

### PLA-Prior Learning Assessment

Credit may be awarded toward the AAS degree if the student meets the department requirements.

1. Registered by BRPT as a RPSGT with a minimum of 2 years of full-time experience in Polysomnography
2. Non Registered Polysomnography Technician with a minimum of 5 years of full-time experience in Polysomnography

### Progression Policy

1. The Polysomnography students will abide by the admission and curriculum requirements of the Polysomnography Department at the time they are admitted or re-admitted to the program.
2. Once a student has enrolled in the Polysomnography Program, all Polysomnography courses must be completed in the proper sequence as shown in the catalog and degree plan
3. No grade below a C in PSGT, RSPT, or HPRS courses is acceptable.
4. Only two (2) attempts to pass a course will be permitted. An attempt is defined as a course in which a grade of D or F is recorded on the transcript.
5. Students must complete the program within three (3) years after initial acceptance.

**Statutory law (Texas Occupations Code, Chapter 53) requires the Alvin College nursing and allied health programs to notify prospective applicants and future healthcare professionals a licensing/credentialing authority may suspend or revoke a license/credential, disqualify a person from receiving a license/credential, or deny to a person the opportunity to take a licensing/credentialing examination on the grounds that the person has been convicted of certain criminal behavior.**

# CORE CURRICULUM

Associate of Arts and Associate of Science Degrees

*Effective Fall 2026*

Component Area	Courses	Hours
<b>Communication 010</b>	<b>Required:</b> ENGL 1301 and ENGL 1302 <u>or</u> 2311	6
<b>Mathematics 020</b>	<b>Select one:</b> MATH 1314, 1324, 1325, 1332, 1342, 1350, 2412, 2413, 2414	3
<b>Life &amp; Physical Sciences 030</b> <i>(formerly Natural Sciences)</i>	<b>Select two:</b> ASTR 1403, 1404 BIOL 1308, 1309, 1406, 1407, 2401, 2402 CHEM 1405, 1411, 1412, 2423, 2425 GEOL 1301 or 1401, 1303 or 1403, 1404, 1405, 1445, 1447 PHYS 1301 or 1401, 1402, 1403, 1404, 1410, 2425 or 2426	6
<b>Language, Philosophy &amp; Culture 040</b> <i>(formerly Humanities)</i>	<b>Select one:</b> COMM 1307 ENGL 2322, 2323, 2327, 2328, 2332, 2333 FREN 2311, 2312 HUMA 1301, 1302 PHIL 1301, 1304, 2306 SPAN 2311, 2312, 2313, 2315	3
<b>Creative Arts 050</b> <i>(formerly Visual &amp; Performing Arts)</i>	<b>Select one:</b> ARTS 1301, 1303, 1304 COMM 2366 DRAM 1310, 2362, 2366 MUSI 1306, 1307, 1310	3
<b>American History 060</b> <i>(formerly U.S. History)</i>	<b>Select <u>one</u> group:</b> HIST 1301 and 1302 or 2301, HIST 2327 and 2328 or HIST 2301 HIST 2381 and 2382 or HIST 2301	6
<b>Government / Political Science 070</b> <i>(formerly Political Science)</i>	<b>Required:</b> GOVT 2305 and 2306	6
<b>Social &amp; Behavioral Sciences 080</b>	<b>Select one:</b> ECON 2301, 2302 GEOG 1303 PSYC 2301 SOCI 1301	3
<b>Component Area Options 090</b>	<b>Select one from each group:</b> <b><u>Group One:</u></b> SPCH 1315, 1318, 1321, 2335 <b><u>Group Two:</u></b> PSYC 1300 (recommended) <b>or</b> Any course contained in the Core Curriculum that has not already been used to fulfill requirements for each Component Area	6
<b>TOTAL CORE CURRICULUM CREDITS</b>		<b>42</b>