



## SAUDI DIPLOMA TRAINING PROGRAM

### SLEEP STUDIES

#### Final Written Examination

##### Written Examination:

##### Exam Format:

The Saudi subspecialty fellowship and diplomas final written examination shall consist of one paper with 100-120 multiple-choice questions (single best answer out of four options). 10% unscored items can be added for pre-testing purposes.

##### Passing Score:

The passing score is 70%. However, if the percentage of candidates passing the examination before final approval is less than 70%, the passing score must be lowered by one mark at a time aiming at achieving 70% passing rate or 65% passing score whichever comes first. Under no circumstances can the passing score be reduced below 65%.





### **Suggested References:**

1. Kryger MH, Roth T, Dement WC. Principles and Practice of Sleep Medicine.
2. Chokroverty S. Sleep Disorders Medicine: Basic Science, Technical Considerations, and Clinical Aspects.
3. Mattice C, Brooks R, Lee-Chiong T, et al. Fundamentals of Sleep Technology.
4. The American Academy of Sleep Medicine Technologist's Handbook.
5. Marshall B, Robertson B, Carno MA. Polysomnography for the Sleep Technologist.
6. American Academy of Sleep Medicine. Clinical Practice Guidelines
7. American Academy of Sleep Medicine. The International Classification of Sleep Disorders (ICSD-3-TR).
8. American Academy of Sleep Medicine Scoring Manual: The AASM Manual for the Scoring of Sleep and Associated Events.
9. American College of Chest Physicians (CHEST): Sleep Medicine Guidelines

### **Note:**

This list is intended for use as a study aid only. SCFHS does not intend the list to imply endorsement of these specific references, nor are the exam questions necessarily taken solely from these sources.





### Final Written Exam Blueprint Outlines:

No.	Sections	Percentage
1	Sleep Physiology	5%
2	Adult Polysomnography	20%
3	Paediatric polysomnography	10%
4	Sleep Stages and Events Scoring	20%
5	Ancillary Tests	10%
6	PAP Devices	10%
7	Treatment for Sleep Disorders	10%
8	Sleep Related Breathing Disorders	5%
9	Other sleep disorders (Sleep Related Movement disorders, Parasomnia, Circadian Rhythm, Insomnia, Central Hypersomnia)	5%
10	Elective Courses (PFT/ General Respiratory/ EEG)	5%
<b>Total</b>		<b>100%</b>

### Notes:

- Blueprint distributions of the examination may differ up to +/-2% in each section.
- Percentages and content are subject to change at any time. See the SCFHS website for the most up-to-date information.
- Research, Ethics, Professionalism, and Patient Safety are incorporated within various domains.

