



SAUDI DIPLOMA TRAINING PROGRAM

SLEEP STUDIES

Promotion Examination

Written Examination:

Exam Format:

- A written examination shall consist of one paper with not less than 100- 120 MCQs with a single best answer (one correct answer out of four options).
- The examination shall contain type K2 questions (interpretation, analysis, reasoning and decision making) and type K1 questions (recall and comprehension).
- The examination shall include basic concepts and clinical topics relevant to the specialty.
- Clinical presentation questions include history, clinical finding and patient approach. Diagnosis and investigation questions; include the possible diagnosis and diagnostic methods. Management questions; including treatment and clinical management, either therapeutic or nontherapeutic, and complications of management. Materials and Instruments questions; including material properties, usage, and selection of instruments and equipment used. Health maintenance questions; include health promotion, disease prevention, risk factors assessment, and prognosis.





Passing Score:

The trainee's performance is assessed in each of the evaluation formulas according to the following scoring system:

Score	Less than 50%	50% – 59.4%	60% - 69.4%	More than 70%
Description	Clear Fail	Borderline Fail	Borderline Pass	Clear Pass

1. To upgrade the trainee from a training level to the next level, She/he must obtain at least a **Borderline Pass** in each evaluation form.
2. The program director may recommend to the local supervision committee to request the promotion of the trainee who did not meet the previous promotion requirement according to the following:
 - A. In case that the trainee gets a **borderline Fail** result in **one** of the evaluation forms, the remaining evaluation forms must be passed with **Clear Pass** in at least **one** of them.
 - B. In case that the trainee gets a **borderline Fail** result in **two** of the evaluation forms to a maximum, provided they do not fall under the same theme (Knowledge, Attitude, Skills). The remaining evaluation forms must be passed with **Clear Pass** in at least **two** of them.
 - C. The promotion must be approved in this case by the scientific council for the specialization.





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.





Promotion Written Exam Blueprint Outlines:

No.	Sections	Percentage
1	Sleep Physiology	5%
2	Adult Polysomnography	30%
3	In Lab Seep Testing	10%
4	Ethics and patient safety in sleep laboratory	5%
5	Portable Sleep Testing	20%
6	Sleep Related Breathing Disorders	5%
7	Sleep Related Movement disorders	5%
8	Central Hypersomnia	5%
9	Parasomnia	5%
10	Circadian Rhythm	5%
11	Insomnia	5%
Total		100%

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.

