



## **NIHT Clinical Practice Overview (20 Hours)**

### **For Supervising Sleep Laboratories**

#### **Purpose**

The NIHT clinical practice experience is intended to provide **introductory, supervised exposure** to sleep laboratory operations for students enrolled in the NIHT Sleep Technology program.

This experience is **educational and observational** in nature and does not replace formal technologist training or employment.

### **Clinical Hour Requirements**

- Total Hours Required: **20**
- Supervision: **Qualified sleep technologist or provider**
- Student Role: **Observation and supervised participation only**

### **Expected Areas of Exposure**

Students may observe and/or assist (as permitted by the lab) in the following areas:

#### **Patient & Lab Workflow**

- Patient check-in and orientation
- Room setup and equipment preparation
- Infection control and safety protocols

#### **Technical Skills (Supervised)**

- Electrode application and hookup observation/assistance
- Understanding sensor placement and function
- Equipment troubleshooting awareness

### **Study Types (as available)**

- Diagnostic PSG
- Split-night studies
- PAP titration
- MSLT / MWT
- HSAT (if applicable)

### **Monitoring & Scoring Exposure**

- Live monitoring concepts
- Artifact recognition
- Overview of sleep staging and event scoring workflow

### **Documentation**

At the conclusion of the clinical experience, the supervising technologist is required to complete:

**NIHT Clinical Skills Checklist & Hour Verification Form**  
(This serves as the sole required documentation for NIHT.)

### **Important Notes**

- NIHT does **not** require independent patient care
- Labs are not responsible for grading or testing
- Lab-specific onboarding requirements remain in effect
- Scheduling and availability are determined by the hosting lab