



## Certification in Clinical Sleep Health

The BRPT's Certification in Clinical Sleep Health (CCSH) is a credential for healthcare providers specializing in sleep medicine. This is an advanced-level examination for these individuals who work directly with sleep medicine patients, families and practitioners to coordinate and manage patient care, improve outcomes, educate patients and the community, and advocate for the importance of good sleep.



### Eligibility Pathways

There are 3 eligibility pathways for the CCSH exam:

#### CCSH Pathway 1:

**Clinical Experience.** For candidates with at least 1000 hours of experience in clinical sleep health AND a bachelor's degree or above.

#### CCSH Pathway 2:

**Healthcare Credential.** For candidates with an [approved healthcare credential](#) or license AND an associate's degree or above.

#### CCSH Pathway 3:

**Active RPSGT Credential.** For candidates who hold an active RPSGT credential, who have recertified at least once, and who have completed a [CCSH STAR Designated Education Program](#) within the past 3 years.

### Applying For the CCSH Exam

#### Step 1: Read the Candidate Handbook

All CCSH candidates are expected to have thoroughly read the [CCSH Candidate Handbook](#). Candidates should be familiar with the requirements for our Eligibility Pathways, policies and procedures, and Standards of Conduct.

#### Step 2: Review the Eligibility Criteria and Choose your Eligibility Pathway

After reading the CCSH Candidate Handbook, visit our Eligibility Page at [www.brpt.org](http://www.brpt.org) to review the Eligibility Pathways. In order to qualify for the exam you must meet the eligibility requirements of a listed Eligibility Pathway. Make sure you have the documentation required for your Eligibility Pathway.

#### Step 3: Complete the CCSH Exam Application

Once you have gathered documentation for your eligibility requirements, you will need to complete the CCSH Exam Application. All new applicants must submit a completed new candidate application either through the portal or via regular mail.

*Any application deemed incomplete will be charged a \$50 rejection fee, due at the time of resubmission.  
The CCSH Exam Fee Is \$450.00 (US).*

## Preparing for the CCSH Exam

Candidates are advised this is an advanced-level exam. It was developed for experienced healthcare practitioners in the field of sleep medicine. To prepare for the CCSH exam, candidates should consider using a sampling of text books, clinical guidelines, practice parameters, and key articles relating to the major exam domains. In general, educational materials should focus on evaluation and management of sleep disorders; pathophysiology, epidemiology and clinical presentation; patient education and communication; sleep health and hygiene; normal

sleep over the lifespan; and public health issues relating to sleep. Candidates should review the exam blueprint for guidance on knowledge areas and specific topics covered on the exam. They should be prepared to demonstrate critical thinking skills by applying their knowledge to clinical situations.

Candidates preparing for the exam should be sure to visit the CCSH Exam Prep Page to access the Study Guide, Practice Exam and Primary References.

## CCSH Exam Blueprint

To develop the CCSH examination, a diverse group of survey respondents were used to determine the tasks required for competent job performance for the Clinical Sleep Health Specialist. A Job Task Analysis (JTA) was conducted and the results were used to develop the exam. A detailed CCSH Exam Blueprint can be found at [www.brpt.org](http://www.brpt.org). The CCSH exam consists of 100 multiple choice items. Of these, 75 items count toward the candidates' scores and 25 are pretest items that are not scored.



For more  
information visit  
[www.brpt.org](http://www.brpt.org)

## On Demand Testing

Once approved to sit for the exam, scheduling of testing appointments is done directly with PearsonVUE and is on a first-come, first-served basis. The CCSH exam is offered on demand with immediate test results.

## Recertification

All CCSH credential holders must recertify every five years in order to retain the use of their credential. To recertify, you must either earn 50 continuing education credits during the 5 year credential window or retake and pass the exam. Credential holders are responsible for knowing their credential expiration dates and recertification deadlines.