



Board of Registered Polysomnographic Technologists

2021 YEAR IN REVIEW

The BRPT Annual Overview

Published April 2022

RPSGT®
Registered Polysomnographic Technologist

CCSH
Certification In Clinical Sleep Health

CSTE
CONTINUING SLEEP TECHNOLOGY EDUCATION



CPSGT®
Certified Polysomnographic Technician

BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS
STAR SLEEP TECHNOLOGY APPROVED RESOURCE



A Look Back |

As I reflect back on my term as President, I'm both proud and humbled by the work we accomplished over the past two years. We listened to our credential holders and launched a Pediatric Certificate exam for those interested in deepening their pediatric sleep expertise. Active RPSGT and/or CCSH credential holders are eligible to sit for this specialty exam and to date, there are more than 100 sleep health professionals who have earned their Pediatric Sleep Certificate and digital badge. Last year, we were thrilled to launch a series of educational grants for RPSGTs who are interested in pursuing the CCSH credential through Pathway 3. We had tremendous interest in this program and 20 RPSGTs were selected out of more than 80 applications.

As the CCSH credential gained momentum, we were excited to co-sponsor a live event entitled *CCSH Innovation and Creative Thinking: Expanding The Influence*. We were delighted to join our colleagues from the Society of Behavioral Sleep Medicine at this in-person event for workshops and discussion groups that delved into difficult clinical situations, challenges and trends that impact clinicians. Great participation, ideas and energy were definitely a highlight!

I'm honored to have had the opportunity to lead the BRPT and I want to sincerely thank my fellow Board members and BRPT credential holders for your contributions and dedication to our field. Despite the ongoing COVID-19 pandemic, your commitment to our work never wavered.



Stephen Marquis,
MBA, RPSGT, CCSH
Immediate Past President



A Look Ahead |

As the first quarter of the year comes to a close, and with it my first three months serving as President of the BRPT Board of Directors, I've had the opportunity to reflect on the incredible community of knowledgeable and dedicated sleep health professionals who are at the heart of our profession. My fellow Board members, and our wider community of credential holders, work tirelessly for the betterment of our field through participating in continuing education coursework, volunteering on industry committees and mentoring the up and coming generation of sleep health professionals.

As President of the BRPT, I'd like to focus on three key areas: expanding our international footprint, growing the field through an influx of new sleep health professionals, and expanding our certification offerings to align with what you – our current credential holders – have expressed an interest in.

To that end, we have some exciting projects in the works. We're collaborating with a university in Puerto Rico to offer the CPSGT exam in Spanish; we've expanded our marketing efforts to reach new audiences in like-minded allied health professions to interest newcomers to sleep; and, we're exploring our certification offerings to ensure we are meeting the professional needs of our certificants. Stay tuned!

I very much look forward to meeting and seeing many of you, as we return to more and more in-person conferences.



Andrea Ramberg,
BA, RPSGT, CCSH
President



BRPT Mission Statement |

The mission of The Board of Registered Polysomnographic Technologists (BRPT) is to build upon its history as the global leader in sleep technologist credentialing and certification; to provide high quality sleep technology products and services that inspire professional excellence, recognition, and lifelong learning; and to create long-term value for credential and certificate holders.

BRPT Vision Statement |

The organization recognized around the world for the highest standards in sleep credentialing, certification and education.



More Sleep Educators Earn The Certification In Clinical Sleep Health



The Certification In Clinical Sleep Health (CCSH) exam was first offered in 2014. By the end of 2021, there were 2,117 CCSH credential holders with 83 certified in 2021 alone. Last year, 232 CCSH credential holders completed the recertification process. Like other BRPT examinations, the CCSH exam is available on demand with immediate test results. CCSH credential holders are advanced level health professionals who help newly diagnosed patients learn how to make improvements in their day-to-day lifestyle habits for better overall health, recognize symptoms of underlying associated health issues, and empower them to ask appropriate questions for better self-management of their sleep disorder.

CCSH Eligibility Pathways

There are currently three 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.

Healthcare Credential. For candidates with an approved healthcare credential or license AND an associate's degree or above.

CCSH Pathway 3: Active RPSGT Credential.

Active RPSGT Credential. For candidates who have recertified at least once and who have completed a CCSH STAR designated education program AND who've successfully passed the post-test.

Note: Complete details of documentation and requirements necessary for the different examination Pathways can be found at www.brpt.org



BRPT Co-Hosts First Ever CCSH-only Focused Conference

In September, members of the BRPT Board of Directors were excited to meet in-person for the CCSH Innovation and Creative Thinking: Expanding The Influence conference, in Nashville, TN and we were honored to co-sponsor this event with Integration Consultants, LLC and the Society of Behavioral Sleep Medicine.

This first of its kind conference helped bridge the gap between the traditional and innovative sleep specialist role focusing on the concrete ways in which practitioners can apply the CCSH credential. The conference consisted of workshops and discussion groups. The workshops reviewed patient-related topics that address difficult clinical situations, challenges and trends that impact clinicians; the discussion groups featured presentations on specific topics that included lively pro/con debates and discourse.

CCSH Innovation and Creative Thinking: Expanding the Influence

Co-Sponsored by the Board of Registered Polysomnographic Technologists and
Integration Consultants, LLC and Society of Behavioral Sleep Medicine





RPSGT Examination Pathways:

There are 5 eligibility pathways for the RPSGT exam

RPSGT Pathway 1: Clinical Experience.

or candidates with a minimum of 1,638 hours of experience in the field and who have also completed a STAR-designated Self-Study education program.

RPSGT Pathway 2: Healthcare Credential.

For candidates with a minimum of 546 hours of experience and who have another healthcare credential.

RPSGT Pathway 3: CAAHEP/CoARC Student.

For graduates of a CAAHEP or CoARC-accredited polysomnography education program.

RPSGT Pathway 4: Focused Training.

For candidates with a minimum of 819 hours of experience in the field and who have also completed STAR-designated Focused education, or a combination of Self-Study and Focused 2 education.

RPSGT Pathway 5: International Option.

For international candidates with a minimum of 546 hours of experience in the field.

A Snapshot Of The RPSGT Exam



By the end of 2021, there were a total of 17,307 active RPSGT credential holders. In 2021, 482 candidates passed the RPSGT exam in the United States. And, the total number of international RPSGTs who passed the RPSGT exam totaled 165. International credential holders come from Australia, Bahamas, Brazil, Canada, China, Czechoslovakia, Hong Kong, India, Ireland, Japan, Jordan, Macau, Malaysia, Mexico, Netherlands, New Zealand, Oman, Pakistan, Philippines, Portugal, Qatar, Saudi Arabia, Singapore, South Africa, South Korea, Spain, Sweden, Switzerland, Taiwan, Thailand, Trinidad West Indies, United Arab Emirates, United Kingdom, Virgin Islands and Wales. Singapore, South Africa, South Korea, Spain, Sweden, Switzerland, Taiwan, Thailand, Trinidad West Indies, United Arab Emirates, United Kingdom, Virgin Islands and Wales.



The CPSGT Certification Is An Excellent Start For Those New To Sleep



The sleep profession is a vibrant and growing field with many new and exciting opportunities for sleep health professionals. For those new to sleep, earning the CPSGT certification continues to be an excellent first step on this career path.

The CPSGT exam is geared toward individuals who are new to polysomnography and have limited clinical experience, or are not ready to take the RPSGT exam. In 2021, 90 individuals became CPSGT certificate holders. Currently, there are 170 active CPSGTs.

There are 3 eligibility pathways for the CPSGT exam:

CPSGT Pathway 1: Clinical Experience.

For candidates with a minimum of three months of clinical experience in polysomnography, and who have completed a STAR-designated Self-Study education program.

CPSGT Pathway 2: CAAHEP/CoARC Student.

For students within 2 months of graduation from, or graduates of, a CAAHEP or CoARC-accredited polysomnography technology education program.

CPSGT Pathway 3: Focused Training.

For candidates who have completed STAR-designated Focused education, or a combination of Self-Study and Focused 2 education.



The RPSGT Exam: NCCA Accredited

The National Commission For Certifying Agencies (NCCA) was created in 1987 by the Institute for Credentialing Excellence (ICE) – formerly the National Organization for Competency Assurance (NOCA) – to help ensure the health, welfare, and safety of the public through the accreditation of a variety of certification programs/organizations that assess professional competence. NCCA accredits over 200 of the leading credentialing examinations in the United States, including exams in many of the nursing and other allied health disciplines.

In the professional credentialing industry, NCCA accreditation represents compliance with best credentialing industry practices. Every five years, the BRPT must apply to have the RPSGT credential reaccredited. In 2017, the RPSGT credential received its accreditation for the next five years.

A Big Year For RPSGTs To Recertify Upholds A High Recertification Rate

Recertification is required every five years in order to maintain the RPSGT credential. It represents best practices, a commitment to continuing education, and keeping up to date on the latest developments in the field. Recertification may be achieved either by accumulating 50 approved continuing education credits during the last active 5 year credential window, or by retaking and passing the RPSGT exam. Certification holders with more than one BRPT credential can apply the same continuing education credits toward multiple recertifications as long as the continuing education content is applicable and occurs within the required time period for recertification.

Over the course of 2021, 3,784 RPSGTs were required to recertify, with 2,950 completing the recertification process. The recertification rate for RPSGTs was approximately 78%.



Pediatric Sleep Certificate Exam Gains Momentum

Based on extensive feedback from BRPT credential holders about the need for a specialty exam for pediatric sleep, at the end of 2020, the BRPT launched an online Pediatric Sleep Certificate Exam.



RPSGT and CCSH credential holders are eligible to sit for the BRPT's Pediatric Sleep Certificate Exam. By the end of 2021, 84 candidates were awarded this assessment-based certificate in pediatric sleep in the form of a Digital Badge.

The exam consists of 75 multiple choice questions covering four major domain areas including Pediatric Sleep Disorders; Pediatric Preparation and Study Performance; Pediatric Scoring; and, Treatment Options and Guidelines.



BRPT Launches Its CCSH Educational Grants Program

In early Spring of 2021, the BRPT launched its CCSH Educational Grant Program for RPSGTs who are interested in pursuing the CCSH credential through Pathway 3. The application window was open from April 14 through May 14. The BRPT's Educational Task Force reviewed all applications through a carefully crafted rubric to determine the best qualified applicants. Twenty RPSGTs were selected out of more than 80 applications; the winners were announced in June.

“We felt it was important to offer a series of CCSH Educational Grants to provide assistance to RPSGTs who are interested in pursuing the credential yet are unable to apply through CCSH Pathways 1 or 2 and/or are unable to financially pursue the CCSH designated education programs approved for Pathway 3 of the credential.”

-- BRPT President, Steve Marquis, MBA, RPSGT, CCSH

Winners of the 2021 CCSH Educational Grants are:

Muhammad Sagheer Ahmad, Kamilla Akseer, Brandi Bearce, Kristi Bugajski, Ashley Elders, Amy Frerichs, Ashleigh Houseright, Kim Jesch, Rose Koerber, Rebecca LaVigne, Gwen Mccranie, Nicole Mills, Doris Puyarena, Kimberly Sanders, Maritza Santana, Tan Lai Soon, Miriam Takawira, Phuong Tang, Thanh Tang, and Lasarian Toni Walton.

Each of the winners received a grant that covers the registration cost for an approved in-person conference or the cost to complete online modules for any approved CCSH educational program, such as the AAST's CCSH Designated STAR Education Program, the Collin College Continuing Education Health Sciences Program, or the AASM A-STEP CCSH Education Program.



STAR Program Supports Education For Experiential Pathways For BRPT Exams



The BRPT's Sleep Technology Approved Resource (STAR) Program has 27 educational programs receiving the STAR-designation. The STAR program is not an accrediting body for educational programs; it is a means for BRPT to approve education for experiential pathways for the BRPT examinations. The STAR program does not apply to CAAHEP or CoARC accredited education programs which undergo rigorous evaluation and review by their accrediting bodies. BRPT strongly supports and encourages accreditation of educational programs by CAAHEP and CoARC. However, because there are multiple entries into the field and limited access to formal PSG programs currently, BRPT uses the STAR program as a means to designate approval of alternative education for exam eligibility for experiential pathways. STAR-designated programs fall into one or more of the following education categories: Self-Study (9 programs), CCSH Self-Study (3 programs), Focused (12 programs), Focused 2 (8 programs).

To learn more about the STAR Program and to view a list of all STAR-designated programs, [click here](#).



Continuing Sleep Technology Education Program



Launched in 2011, the CSTE program establishes BRPT as a continuing education credit granting organization. The program is designed to specifically meet the professional needs of clinical sleep health specialists. In 2021, 161 programs were approved for CSTE credits for a total of 537.25 CSTEs.

These programs are offered by state sleep societies, online educational providers and lab management companies, among others. They included webinars, in-service programs, computer-based learning modules and approximately six state sleep societies applied for CSTEs from April-November to hold their annual conferences virtually.



Current BRPT Committees |

Application Review Committee

Mike Longman, RPSGT, RRT, Chair

Education Committee

Laura Linley, CRT, RPSGT, FAAST, Chair

Examination Development Committee

Rachel Mouton, RPSGT, CCSH, LPN, Chair

International Committee

Angelica Benitez Yusti, RPSGT, RST, Chair

Professional Review Committee

Russell Rozensky, MS, RT, RRT-SDS, CPFT, RPSGT, Chair

Public Affairs & Marketing Committee

Marc Johnson, B.A., RPSGT, Chair

Publications Committee

Michael McLeland, PhD., M.Ed., BA, RPSGT, Chair

Volunteer Committee

Marc C. Johnson, BA, RPSGT, Chair



2021 BRPT Board of Directors

To read Board Member biographies, visit www.brpt.org



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BA, RPSGT, CCSH
President



Vikas Jain,
MD, CCSH
Director



Stephen Marquis,
MBA, RPSGT, CCSH
Immediate Past President



Marc C. Johnson,
B.A., RPSGT
Director



Michael McLeland,
PhD., M.Ed., BA, RPSGT
Treasurer



Su Jeong Linstrom,
RPSGT, RST
Director



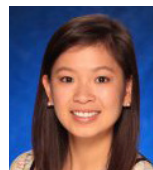
Amber Allen,
BA, RPSGT, RST
Secretary



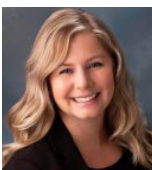
Rachel Mouton,
RPSGT, CCSH, LPN
Director



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Katie Tran,
MD
Director



Michelle DiMaria,
BS, RRT, RPSGT
Director



Angelica Benitez Yusti,
RPSGT, RST
Director



Eduardo Hernandez,
BSRC, RPSGT, CCSH
Director



BRPT Executive Board

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Current Staff

Jim Magruder, Chief Executive Officer

Ashley Shelton, Credentialing Director

Cherise Lee, Credentialing Manager

Maritza Saravia, Program Administrator

Sue Williams, Credentialing Coordinator

Lydia Pelliccia, Communications Director

Becky Appenzeller, Exam Development Director

For more detailed information on BRPT programs and services, please visit www.brpt.org.



Past BRPT Leadership |

APT Chairs

(terms began and ended in June)

- 1978 – 1981 Moshe Reitman, RPSGT
- 1981 – 1983 Cynthia Mattice, RPSGT
- 1983 – 1985 David Franklin, RPSGT
- 1985 – 1987 Robin Foster, RPSGT
- 1987 – 1991 Andrea Patterson, RPSGT
- 1991 – 1993 Greg Landholdt, RPSGT
- 1993 – 1995 Gary Hansen, RPSGT
- 1995 – 1997 Daniel Herold, RPSGT
- 1997 – 1999 Bonnie Robertson, RPSGT, CRT
- 1999 – 2000 Cameron Harris, RPSGT

BRPT Presidents

- 2000 – 2001 Cameron Harris, RPSGT
- 2002 – 2003 Marietta Bellamy Bibbs, RPSGT, CCSH
- 2004 – 2005 Mark DiPhillipo, RPSGT
- 2006 – 2007 Bonnie Robertson, RPSGT, CRT
- 2008 – 2009 Becky Appenzeller, RPSGT, R. EEG T., CNIM, CCSH
- 2010 – 2011 Janice East, RPSGT, R. EEG T., CCSH
- 2012 – 2013 Cindy Altman, RPSGT, R. EEG/EP T., CCSH
- 2014 – 2015 Theresa Krupski, BS, RPSGT, RRT
- 2016 – 2017 Daniel D. Lane, RPSGT, CCSH, BS
- 2018 – 2019 Jessica Schmidt, MA, FACHE, RPSGT, CCSH
- 2020 – 2021 Stephen Marquis, MBA, RPSGT, CCSH

Current President

Andrea Ramberg, BA, RPSGT, CCSH