



Board of Registered Polysomnographic Technologists

2022 YEAR IN REVIEW

The BRPT Annual Overview



RPSGT®
Registered Polysomnographic Technologist

CPSGT®
Certified Polysomnographic Technician

CCSH
Certification in Clinical Sleep Health

CSTE
CONTINUING SLEEP TECHNOLOGY EDUCATION

STAR
BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS
SLEEP TECHNOLOGY
APPROVED
RECORDING



Published April 2023



President's Letter | A Productive and Energizing Year

My first year as President of the BRPT flew by and was chock-full of new projects, live events and continued collaboration with our colleagues in the sleep profession. In April, we were excited to attend the AAST Summit in Chicago alongside the AASM, Northwestern Sleep Medicine, the Society of Behavioral Sleep Medicine and other esteemed partners, for an in-depth discussion of the future of sleep medicine, the impact of artificial intelligence and technology, and how we position technologists for success as changes in the field continue to evolve.

In 2022, the BRPT conducted a Job Analysis Study – a vast research project used to identify the critical work functions carried out by RPSGTs and the knowledge and skills they need to work effectively. We do this approximately every five years as it's a critical component of maintaining, updating and validating the RPSGT examination and strictly complies with the best practices and standards in the credentialing industry.

Nothing beats meeting and collaborating in person – and for the first time in a couple of years, BRPT Board members and representatives were on the move at live events and conferences ranging from World Sleep 2022 to Southern Sleep, the Philadelphia Sleep Conference, HOSA and the AASM's Sleep 2022, to name a few. All were fantastic opportunities to meet and speak with leaders in sleep, leaving us excited and energized about the future of the sleep health profession.

In addition, we were thrilled to launch two new scholarship programs: first, the A-STEP/STAR Educational Grant Program for individuals interested in pursuing a career in sleep technology and/or those who are currently working as sleep technicians who want to become an RPSGT; and secondly, a scholarship program in memory of our colleague, Jomo Martin Nkunika, a devoted former member of the BRPT Board of Directors, who lost his battle with ALS in 2021.



In December, the BRPT named Amber Allen President-Elect of the Board of Directors whose terms begins in January 2024; Michael McLeland continues as Treasurer and Eduardo Hernandez was elected Secretary. Additionally in 2022, Amber was appointed to be a representative of the BRPT on the AASM's Education Committee.

We're excited for another busy and productive year ahead!



Andrea Ramberg,
MS, CCSH, RPSGT
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.



The Certification In Clinical Sleep Health Credential At Work



The Certification In Clinical Sleep Health (CCSH) exam was first offered in 2014. By the end of 2022, there were 1,082 CCSH credential holders with 68 certified in 2022 alone. Last year, 242 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.

The CCSH credential is even more relevant as technology moves forward with the increased use of HST, AI and other advances.

These patients obtain and learn a lot of data from their wearable devices. CCSH credentialed staff help patients absorb these outputs and data and translate them into how it's affecting them, which is key to effective treatment. Many terms are used in studies (AHI, RDI, REM, etc.) that patients don't understand. Advances in technology and PAP machines give patients a significant amount of data; patients want to know what it means and how it affects them. This makes the role of the CCSH and educator, even more important and an integral piece of patient care.

Sleep Coaches reap the benefits of the CCSH credential.

Sleep services companies that offer coaching and programs to its clients are seeing a rise in this niche role due in large part to the increase in public awareness of the significance of good sleep, the rise in consumer technology to help individuals track and monitor their sleep and the sheer number of people – young and old – who, at long last, understand the importance and the value of a good night's sleep. Visit the July/August 2022 issue of Sleep Lab Magazine for a piece entitled [The Rise In Sleep Coaching: Is The CCSH Credential Right For You?](#)



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



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 2022, there were a total of 16,566 active RPSGT credential holders. In 2022, 496 candidates passed the RPSGT exam in the United States. And, the total number of international RPSGTs who passed the RPSGT exam totaled 132. International credential holders come from Australia, Bahamas, Belgium, Brazil, Canada, China, Czechoslovakia, Hong Kong, Iceland, India, Ireland, Japan, Jordan, Kuwait, 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.



The CPSGT Certification Remains An Excellent First Step 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 2022, 116 individuals became CPSGT certificate holders. Currently, there are 186 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 2022, the RPSGT credential received its accreditation for the next five years.

RPSGTs Demonstrate Their Commitment To Continuing Education And Professional Development

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 2022, 4,584 RPSGTs were required to recertify, with 2,979 completing the recertification process. The recertification rate for RPSGTs was approximately 65%.



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 2022, 136 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.



Year Two Of The 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. In 2022, the application window was open from April 13 through May 13. The BRPT's Educational Task Force reviewed all applications through a carefully crafted rubric to determine the best qualified applicants. Ten RPSGTs were selected out of more than 40 applications; the winners were announced in June.

Winners of the 2022 CCSH Educational Grants are:

Benjamin Benedetti, Elizabeth Fischer, Amy Mao, Brandon Miller, Stacy Neu, Rebecca Nichols, Tarsha Saxon, Johnathan Simpson, Lena Shelby, and Kornelia Deneau Turpin.

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.



BRPT Launches Two New Grants Programs |

In July, the BRPT launched its inaugural A-STEP/STAR Educational Grant Program for individuals interested in pursuing a career in sleep technology and/or those who are currently working as sleep technicians who would like to become an RPSGT. Four sleep technicians were selected out of more than 50 applications.

BRPT congratulates the following 2022 recipients of the A-STEP/STAR Designated Educational Grant, all of whom received a grant of up to \$800 towards an A-STEP or STAR designated educational program: Alicia Hoberg who hails from Australia; Chelsea Lapee who currently works as an MA in Missouri; Tatenda Tawodzera from Zimbabwe; and, Tamika Washington who began her career as a sleep lab financial coordinator, from Pennsylvania.

In August, the BRPT launched its Jomo Martin Nkunya Memorial Scholarship for a promising student of polysomnography. Two individuals were selected out of nearly 30 applications. Firdausi Enyinna-Okezie from Plano, TX and Tara Krlicka from Benton, AR are the recipients of this inaugural scholarship; each received a \$3,000 tuition grant to an approved CAAHEP-accredited PSG program, a CAAHEP-accredited END program with a PSG add on, or a CoARC accredited program with a PSG add on.





About The Jomo Martin Nkunika Scholarship

The scholarship is named in honor of Jomo Martin Nkunika, MSHCA, BS, CCSH, RPSGT. Jomo, a former member of the BRPT Board of Directors, was a strong advocate of sleep education and was the program director and adjunct professor of the Sleep Medicine Technology program at Montgomery College in Maryland. In addition, Jomo was a clinical manager with MedBridge Health at the Frederick Memorial Hospital Advanced Center for Sleep Studies.

Jomo was an integral part of the BRPT Board of Directors from 2016 until 2019 when he was diagnosed with Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's disease. Sadly, Jomo lost his battle against ALS in July 2021.

“This scholarship is very personal to all of us at the BRPT as Jomo was a treasured member of the Board of Directors for three years and we miss his contributions, enthusiasm and friendship,” said BRPT Immediate Past-President, Steve Marquis, MBA, RPSGT, CCSH.



“May this great opportunity help these students go the distance in furthering Jomo’s passion and legacy in the field of sleep medicine,” added Jomo’s widow, Dali Maleta-Nkunika.



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 (11 programs), CCSH Self-Study (5 programs), Focused (11 programs), Focused 2 (9 programs) and 1 Focused 2 Program that is CPSGT specific.

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 2022, 236 programs were approved for CSTE credits for a total of 626.50 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.



A Year In Photos |

For the first time in a couple of years, BRPT Board members, staff and representatives were on the move in 2022 at live events and conferences ranging from World Sleep to Southern Sleep, the Philadelphia Sleep Conference, the AAST Summit, HOSA and the AASM's Sleep 2022, as well as Exam Development Committee meetings, BRPT Board meetings and other in-person meetings and events. The smiles say it all!









Current BRPT Committees |

Application Review Committee

Mike Longman, RPSGT, RRT, Chair

Diversity, Equity & Inclusion Committee

Su Jeong Linstrom, RPSGT, RST, Chair

Education Committee

Laura Linley, CRT, RPSGT, FAAST, Chair

Examination Development Committee

Eduardo Hernandez, BS, RPSGT, CCSH, 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

Volunteer Committee

Marc C. Johnson, BA, RPSGT, Chair



2022 BRPT Board of Directors |

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



Andrea Ramberg,
MS, RPSGT, CCSH
President



Christopher Hamm, Esq.
Director-Public Member



Amber Allen,
BA, RPSGT, RST
President-Elect



Kenan Hoelke,
BS, RPSGT, CCSH
Director



Eduardo Hernandez,
BSRC, RPSGT, CCSH
Secretary



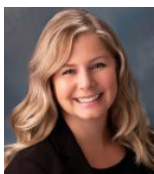
Marc C. Johnson,
B.A., RPSGT
Director



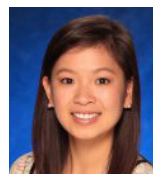
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PhD., M.Ed., BA, RPSGT
Treasurer



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RPSGT, RST
Director



Michelle DiMaria,
BS, RRT, RPSGT
Director



Katie Tran,
MD
Director



Steve Glinka,
BS, RPSGT
Director



Angelica Benitez Yusti,
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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

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, MS, CCSH, RPSGT