**BRPT**

**Board of Registered Polysomnographic Technologists**

## 2023 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 RESOURCE

**BRPT**
Pediatric Sleep Certificate

**Published March 2024**

# President's Letter:
## A Look Ahead

As the first quarter of 2024 comes to a close, I'm honored to serve as President working alongside passionate and experienced Board members all of whom are deeply committed to the strength and integrity of the BRPT's credentialing program.

2024 marks the 45th anniversary of the BRPT, and we've seen awareness of the value of the RPSGT credential grow significantly over the years. Since the first credentialing exam administration in 1979, the BRPT has credentialed nearly 27,000 RPSGTs in the United States, Canada, and 50 countries overseas. In addition to marking this important milestone, the year ahead is busy and active on multiple fronts from collaborating with like-minded organizations to upgrading internal office systems.

The BRPT is an active member of the AASM's Sleep Technologist Shortage Presidential Taskforce that is examining the sleep technologist shortage. The taskforce's mandate is to uncover factors contributing to the sleep technologist shortage, build awareness around the problem, and recommend solutions to correct the shortage. We're excited to be a part of this important initiative.

This is also a busy year for our Exam Development Committee with an important two-day standard setting meeting occurring in June and several EDC workshops taking place throughout the year.

Stay tuned as we celebrate our 45th anniversary and highlight individual testimonials submitted by BRPT-credentialed sleep health professionals, each one of them speaking about the value of these credentials as they worked to build their respective careers.

**Amber Allen, BA, AAS, RPSGT, RST, 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.

# The Certification In Clinical Sleep Health Credential Continues To Grow

The Certification in Clinical Sleep Health (CCSH) exam was first offered in 2014. By the end of 2023, there were 1,117 CCSH credential holders with 75 certified in 2023 alone.  Last year, 126 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.

## As Technology Abounds Patient Education Becomes More Critical

There were many different forms of sleep-related technology showcased at the SLEEP 2023 Conference this year from an array of Home Sleep Apnea Testing (HSAT) devices, wearables, and apps to the use of Artificial Intelligence (AI) to help technologists more precisely synthesize and interpret the data.

Now, more than ever, patient education is a critical component of success. Patients need help deciphering their sleep disorder, why it's important to treat it, what treatment options are available, and which is the right one for their particular diagnosis. Seasoned sleep health professionals are critical to helping patients navigate the best treatment plan for them and to ensure they are successful.

On this front, we've heard from many CCSH credentialed sleep professionals who play an important role in a variety of settings. For example, CCSH credentialed staff help guide the patient through the identification, diagnosis, and treatment care plan. As we see the advancements in technology and data from AI enabling a faster route to treatment, the CCSH ensures the patients understand and buy-in to their treatment plan. The role of the CCSH and educator is an integral component not only to the long-term success of patient outcomes but is an important evolution of the role of sleep technologists.

## 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.
For 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 polysomongraphy 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.

**RPSGT**®
Registered Polysomnographic Technologist

By the end of 2023, there were a total of 16,383 active RPSGT credential holders. In 2023, 535 candidates passed the RPSGT exam in the United States. And the total number of international RPSGTs who passed the RPSGT exam totaled 144. 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. In 2023, International credential holders also hailed from Indonesia, Myanmar, Sri Lanka, and Vietnam.

# The Number Of Sleep Technologists Who Earned The CPSGT credential Grew By 31% in 2023

The sleep profession continues to be a vibrant and growing field with many new and exciting opportunities for sleep health professionals. For those new to sleep, earning the CPSGT certification remains 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 2023, 152 individuals became CPSGT certificate holders. Currently, there are 226 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 five more years.

# RPSGTs Demonstrate Their Commitment To Continuing Education And Professional Development With A High Recertification Rate Of 73 Percent

Recertification is required every five years 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 if the continuing education content is applicable and occurs within the required time period for recertification.

Over the course of 2023, 3,641 RPSGTs were required to recertify, with 2,674 completing the recertification process. The recertification rate for RPSGTs was approximately 73%.

# 50 Sleep Health Professionals Earn A Digital Badge In Pediatric Sleep

Sleep health professionals who pass the BRPT Pediatric Sleep Certificate Exam have demonstrated their skill and knowledge in Pediatric Sleep. Upon passing the exam, recipients are awarded an assessment-based certificate in the form of a digital badge. A digital badge is a visual representation of a credential, certification, or accomplishment. It is easily shared online in a way that is simple, trusted, and verifiable. Unlike a paper certificate, a single click on a digital badge will reveal a detailed description of the specific knowledge and skills required to earn it.

RPSGT and CCSH credential holders are eligible to sit for the BRPT's Pediatric Sleep Certificate Exam. By the end of 2023, 48 candidates were awarded this assessment-based certificate in pediatric sleep.

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.

# The BRPT Scholarship Programs |

Over the last couple of years, the BRPT launched four different scholarship programs, ranging from opportunities for those new to sleep as well as for more experienced sleep technologists, to those who are actively advocating for, or involved with, diversity, equity, and inclusion initiatives within their communities.

The **CCSH Educational Grant Program** is for RPSGTs who are interested in pursuing the CCSH credential through Pathway 3. In 2023, the application window was open from March 1, 2023, through March 31, 2023. Ten RPSGTs were selected out of more than 40 applications; the winners were announced in June.

BRPT congratulates the following 2023 recipients of the CCSH Educational Grant: Tonya Carrasco, Powell, TN; Kathryn Daoust, Grantsville, UT; Amber Escobar, San Antonio, TX; Angela Levitt, Alma, IL; Edwina Polk, Westlake, OH; Heather Santos, Griffin, GA; Kasey Turner-Beltran, Pocahontas, AR; Susan Vanriel-Smith, Manchester, CT; Carmen Walls, Debary, FL; and, Sarah West, Chester, VA.

Each CCSH Educational Grant will cover up to, but not to exceed, $250 of 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 CCSH Designated STAR Education Program, the AASM A-STEP CCSH Education Program, the Academy of Sleep and Wellness Program and the Collin College Continuing Education Health Sciences Program.

The BRPT's **A-STEP/STAR Educational Grant Program** is 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. The application window was open from May 1 through May 31, 2023. Henry Stabenau, from Eau Claire, Wisconsin was selected out of nearly 45 applications. Henry received a grant of up to $800 towards an A-STEP or STAR designated educational program.

The BRPT's **Jomo Martin Nkunika Memorial Scholarship** is for a promising student of polysomnography. In 2023, the application window was open from November 1 through December 1. Kailey Keech, from North Carolina, was the winner of the 2023 Jomo scholarship. Winners of this scholarship receive a 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.



**"A goal of mine has always been to one day be the first person in my family to go to college in hopes of having a career that allows me to interact with new people each day,"** said Kailey Keech. **"I plan to pursue my studies at Pitt Community College, where I have spent the last year. During this time, I've taken pre-requisite classes for the Polysomnography Program as well as completed BLS and NA1 courses. Throughout my time in NA clinicals, it became even more evident to me that I belong, and love, being around people."**

**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.

In 2023, the BRPT launched its newest scholarship program, the **Diversity, Equity, and Inclusion (DEI) Educational Grant**. The DEI Grant Program recognizes a sleep technologist who is actively advocating or involved with Diversity, Equity, and Inclusion initiatives within their community and/or Health Care institution, influencing continual impacts to patient care. LaTanya Bolden, BA, RPSGT, was the winner of the inaugural DEI Educational Grant. LaTanya, from Dearborn Heights, MI, was selected out of more than 50 applications; the grant covers the cost of one CCSH exam fee.

The BRPT's Scholarship Committee reviews all applications, for each of its scholarships, through a carefully crafted rubric to determine the best qualified applicants.

# 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 (7 programs), Focused 2 (10 programs), one of which is CPSGT specific.

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

# The Continuing Sleep Technology Education Program Continues To Grow

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 2023, 351 programs were approved for CSTE credits for a total of 855.25 CSTEs. More than 110 programs were approved in 2023 versus 2022.

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

### Diversity, Equity & Inclusion Committee
Su Jeong Linstrom, RPSGT, RST, Chair

### Education Committee
Laura Linley, CRT, RPSGT, FAAST, Chair

### Examination Development Committee
Kenan Hoelke, BS, RPSGT, CCSH, Chair

### International Committee
Angelica Benitez Yusti, RPSGT, RST, Chair

### Professional Review Committee
Deborah Kovacs, BS, RPSGT, Chair

### Public Affairs & Marketing Committee
Marc Johnson, BA, RPSGT, Chair

### Scholarship Committee
Michelle DiMaria, BS, RRT, RPSGT, Chair

### Volunteer Committee
Marc Johnson, BA, RPSGT, Chair

# 2024 BRPT Board of Directors |

**Amber Allen, BA, AAS, RPSGT, RST, CCSH**
President

**Kenan Hoelke, BS, RPSGT, CCSH**
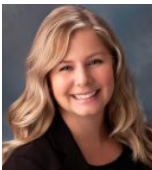Director

**Marc Johnson, BA, RPSGT**
Director

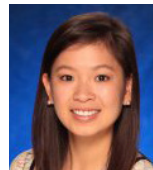**Su Jeong Linstrom, RPSGT, RST**
Director

**Eduardo Hernandez, BSRC, RPSGT, CCSH**
Secretary

**Wayne Nelson, BS, RRT, RPSGT, CCSH, R. EEG T.**
Director

**Michelle DiMaria, BS, RRT, RPSGT**
Director

**Katie Tran, MD**
Director

**Steve Glinka, BS, RPSGT**
Director

**Jill West, BA, RPSGT, CCSH**
Director

**Christopher Hamm, Esq.**
Director-Public Member

**Angelica Benitez Yusti, RPSGT, RST**
Director

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

# BRPT Executive Office

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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**.

## 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

**2022 – 2023**  Andrea Ramberg, MS, CCSH, RPSGT

## Current President

Amber Allen, BA, AAS, RPSGT, RST, CCSH