



BRPT 2024 YEAR IN REVIEW

1979



The original RPSGT exam was launched.

2010



The CPSGT exam was launched.

2011



The CSTE program was launched.

2012



The STAR program was launched.

2014



The CCSH exam was launched.

2020



The Pediatric Sleep Certificate exam was launched.



President's Letter: A Look Back and Ahead

This year marked the 45th anniversary of the BRPT, and much has been accomplished over the ensuing years, none of which could have been possible without the support, passion, and hours upon hours of volunteer work of so many forward-thinking leaders in our field. We celebrated in many ways, one of which was to chronicle the history of the BRPT in the March/April edition of Sleep World Magazine entitled The Evolution of the Leader in Sleep Technologist Credentialing, which can be [found here](#).

In addition to reflecting back over the years, we also took important steps forward. In March, I had the privilege of speaking at the DeltaHealth-New England Sleep Academy Inaugural BRPT-Designated STAR Training Program Launch: Bridging Worlds and Advancing the Sleep Tech Workforce in Greater China. Similar to the United States, China is experiencing a sleep technologist shortage. The conference was extremely well attended, with 120 attendees in person and more than 3,000 virtual attendees, most of whom were professionals eager to learn more about the RPSGT and CCSH credentials.

Other speakers included Qiyang Li, co-founder of the New England Sleep Academy; Dr. Xiaowen Yang, co-founder of the New England Sleep Academy (NESA); Dr. Xilong Zhang, the Chair of the Chinese Sleep Research Society (SRS) Sleep-Disordered Breathing Committee; Dr. Deming Hao, Founder and President of the Chinese Non-government Medical Institutions Association (CNMIA); and, Dr. He Gao, Head of the National Health Commission's Review Committee for Sleep Center Advancement and Training Initiatives.

Additionally, I had the opportunity to speak in October at the 1st International Sleep Tech conference in Valmontone, Italy, where I met sleep techs from across Europe, Australia, and even the US. These two meetings were exciting and invigorating, with passionate speakers addressing the sleep technologist shortage. We explored innovative strategies to strengthen the workforce through education and eligibility pathways while collaborating at regional, national, and global levels to promote sleep technologist education, establish industry best practices, and develop effective training mechanisms.

I look forward to continuing this important work with all our colleagues both near and far.



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

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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.





Recognizing the Commitment to Advancing Sleep Health Expertise



Since its launch in 2014, the CCSH credential has become a vital asset for advanced-level health professionals dedicated to improving patient outcomes in sleep health. By the end of 2024, there were 1,152 CCSH credential holders, with 79 certified in 2024 alone. Last year, 114 CCSH credential holders completed the recertification process.

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.

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 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



Upholding Excellence in Sleep Technology and Patient Care



RPSGT EXAMINATION PATHWAYS:

There are 5 eligibility pathways for the RPSGT exam

RPSGT PATHWAY 1: Clinical Experience.

For candidates with a minimum of 960 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 960 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 960 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 960 hours of experience in the field.

For more than four decades, the RPSGT credential has been the gold standard in sleep technology, with thousands of professionals earning their certification since the exam's inception in 1979. As BRPT's largest pool of credential holders, RPSGTs play a critical role in the diagnosis and treatment of sleep disorders.

By the end of 2024, there were a total of 16,421 active RPSGT credential holders. In 2024, 530 candidates passed the RPSGT exam in the United States. And the total number of international RPSGTs who passed the RPSGT exam totaled 157. International credential holders come from Australia, Bahamas, Belgium, Brazil, Canada, China, Czech Republic, Iceland, India, Indonesia, Ireland, Japan, Jordan, Kuwait, Macau, Malaysia, Mexico, Myanmar, Netherlands, New Zealand, Oman, Pakistan, Philippines, Portugal, Qatar, Saudi Arabia, Singapore, South Africa, South Korea, Spain, Sri Lanka, Sweden, Switzerland, Taiwan, Thailand, Trinidad West Indies, United Arab Emirates, United Kingdom, Vietnam and the Virgin Islands.



Maintaining A High Recertification Rate ||

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.

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.

In 2024, RPSGTs continued to demonstrate their commitment to continuing education and professional development with a high recertification rate of 75 percent. Over the course of 2024, 2,237 RPSGTs were required to recertify, with 1,668 completing the recertification process.

In July, the BRPT issued two important notices regarding continuing education credits:

Proof of CECs Earned: These changes went into effect on October 1, 2024.

Credential holders will be required to show proof of all CECs earned by uploading supporting documentation – certificate of attendance demonstrating credits earned – into the recertification portal.

Using Inter Scorer Reliability Credits For Recertification: Effective January 1, 2025

Recertifying RPSGT and CCSH credential holders will no longer be permitted to use ISR CECs for all required 50 continuing education credits. Beginning January 1, 2025, credential holders will be permitted to use a maximum of 35 ISR credits per recertification cycle.

Limiting ISR credits to 35 per recertification cycle will ensure that credential holders are obtaining a variety of continuing education credits, thereby demonstrating they're accomplished professionals committed to developing their skills, staying on top of industry changes and trends, while furthering their knowledge.



Building a Strong Foundation for Future Sleep Health Professionals



For those new to the field of sleep technology, the CPSGT credential serves as an important first step toward a career in clinical sleep health. Designed as an entry-level certification, the CPSGT exam provides a pathway for professionals to gain foundational knowledge and hands-on experience before advancing to the RPSGT credential. In 2024, 155 individuals entered the field and became CPSGT certificate holders. Currently, there are 253 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.



Advancing Specialized Expertise in Pediatric Sleep Health



As awareness of pediatric sleep disorders continues to grow, so does the need for specialized expertise in the field. The Pediatric Sleep certificate – presented as a digital badge – recognizes professionals who have demonstrated advanced knowledge in pediatric sleep health, ensuring they are well-equipped to support younger patients with sleep disorders. In 2024, 36 professionals earned this distinction, further strengthening the industry’s commitment to high-quality pediatric sleep care.

A digital badge is particularly beneficial as it’s a visual representation of a credential, certification, or accomplishment. It’s 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.



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The BRPT Scholarship Programs ||

Over the last few years, the BRPT launched a couple of 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 2024, the application window was open from, February 1 through February 29. Ten RPSGTs were selected out of nearly 25 applications.

BRPT congratulates the following 2024 recipients of the CCSH Educational Grant: Janine Belnap (Utah), Ellery Burks (Kentucky), Michael Chick (West Virginia), Justin Collins (Texas), Dominesha Garth (New York), Kristine Ingersoll (Tennessee), Erica Mathewson (Virginia), Sheila Mae Morte (England), Cheryl Sefraoui (Texas) and Nicole Serrano (Delaware).

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 and the Academy of Sleep-Wake Science CCSH Exam Preparatory course.

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 and would like to become an RPSGT.

Griselda Molina, from Westminster, Colorado, was selected out of more than 40 applications from 23 different states across the U.S. to countries outside of the U.S., including Canada, China, the United Kingdom, and India. Griselda will receive a grant of up to \$800 towards an A-STEP or STAR-designated educational program.



The Diversity, Equity, and Inclusion (DEI) Educational 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. Muhammed Ajmal – from Eccles, England – was awarded the Diversity, Equity, and Inclusion (DEI) Educational Grant. He was selected out of more than 45 applications; the grant covers the cost of one RPSGT or CCSH exam fee.

Muhammed has been actively involved in advocating for more equitable access to sleep studies, understanding that many individuals from marginalized communities face barriers such as financial constraints, lack of transportation, or limited access to healthcare. To address these challenges, he worked with his team to implement a sliding scale fee system for sleep studies and established partnerships with local community organizations to offer transportation assistance.



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

“DEI efforts are extremely significant to me on a personal level because they reflect my core values of fairness, empathy, and respect for all individuals,” said Muhammed. “Witnessing firsthand the impact of these initiatives on both patients and colleagues has reinforced my commitment to creating an equitable and inclusive environment. By addressing barriers to care and fostering professional opportunities, I am dedicated to ensuring that the field of sleep medicine is accessible and representative of the diverse populations we serve.”



STAR Program Supports Education For Experiential Pathways For BRPT Exams



The BRPT's Sleep Technology Approved Resource (STAR) Program has 35 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 (12 programs), CASH Self-Study (4 programs), Focused (8 programs), Focused 2 (11 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 2024, 366 programs were approved for CSTE credits for a total of 700.00 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.



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Current BRPT Committees ||

Application Review Committee

Michelle DiMaria, BS, RRT, RPSGT, CPHQ, Chair

Education Committee

Su Jeong Linstrom RPSGT, RST, Chair

Examination Development Committee

Kenan Hoelke, BS, RPSGT, CCSH, Chair

International Committee

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

Professional Review Committee

Deborah Kovacs, BS, RPSGT, Chair

Public Affairs & Marketing Committee

Jill West, BA, RPSGT, CCSH, Chair

Scholarship Committee

Michelle DiMaria, BS, RRT, RPSGT, Chair

Volunteer Committee

Chris Hamm, Esq., Chair



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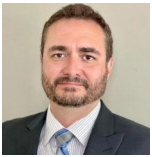
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Eduardo Hernandez,
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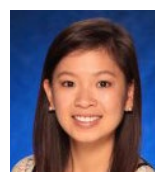
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Director-Public Member

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

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

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



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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
2022 – 2023	Andrea Ramberg, MS, CCSH, RPSGT

Current President

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