



Board of Registered Polysomnographic Technologists (BRPT)
8400 Westpark Drive, Second Floor, McLean, VA 22102

Answers to Your Questions About the CPSGTSM Certificate

What is the difference between the CPSGT certificate and the RPSGT credential?

The CPSGT (Certified Polysomnographic Technician) certificate is an entry-level certification to be earned by individuals new to the sleep field. It is time-limited; certificate holders must earn the RPSGT credential within three years or lose the CPSGT designation. The RPSGT credential recognizes extensive experience, education and professional competency in sleep and will continue to be offered as the gold standard for polysomnographic technologists.

How does the CPSGT certificate exam enhance the level of professionalism in the field of sleep technology?

To earn the CPSGT certificate an individual new to the sleep field must make an early commitment to sleep: eligibility carries both an experiential and an educational requirement. Certificate holders must earn a minimum of 10 continuing education credits each year the certificate is held. And, they must continue to work toward the RPSGT credential. The CPSGT certificate program reflects a commitment to competency-based testing early in a sleep professional's career, and requires an early and on-going commitment to continuing education: both cornerstones in enhancing the level of professionalism in the sleep field.

Why did the BRPT introduce a certificate level exam?

The introduction of the CPSGT certificate-level exam reflects the commitment of BRPT to enhancing the level of professionalism in an increasingly visible field. As the profession continues to encounter legislative and regulatory challenges at the state level, the CPSGT exam will give the field a growing pool of individuals who have, through competency-based testing and a commitment to continuing education, demonstrated a commitment to professionalism, a code of conduct, and quality patient care.

Who should consider taking the CPSGT exam?

The CPSGT exam is intended for individuals new to a career in sleep. Individuals fulfilling the three-month experiential requirement and committed to continued professional growth in sleep are encouraged to earn the CPSGT certificate. Legislative and regulatory requirements which may impact an individual's desire to sit for the certificate exam will vary by state and region. Facility and/or employer requirements regarding earning the CPSGT certificate will be specific to individual facilities.

Is the CPSGT exam proctored, delivered in a testing center?

Yes. The CPSGT exam, like the RPSGT exam, is delivered through BRPT's partner, Pearson VUE at Pearson VUE testing centers across the country and around the world, in a secured, proctored environment. This is critical to ensuring a valid, defensible certification process. Candidates will have two hours to complete the CPSGT exam.

How does the content of the CPSGT exam differ from the content of the RPSGT exam?

Generally speaking, the exam blueprint for the CPSGT exam, in terms of content areas and focus, reflects a subset of the content of the RPSGT exam. However, it is important to remember that the exam was built to test the knowledge and skill level of an individual new to sleep, with a minimum of three months of full time experience. By comparison, the RPSGT exam test is based on an advanced level of professional skill and knowledge.

QUICK FACTS ABOUT THE CPSGT CERTIFICATE

- The CPSGT Exam was developed with the strong support of the American Academy of Sleep Medicine and the American Association of Sleep Technologists
- CPSGT candidates need to have 3 months or more of paid full time experience in the sleep field.
- Apply online. Year-round, on-demand testing available. The on-demand testing model offers increased flexibility in scheduling and immediate exam results delivery. The exam is given at hundreds of locations in the U.S. and internationally.
- The application fee for the CPSGT exam is \$240. Download the free CPSGT Candidate Handbook for details on the exam, study tips, application procedures and more. Go to www.brpt.org.
- The proctored exam consists of 75 multiple choice questions.
- The CPSGT certificate is only valid for 3 years and is not renewable. After 3 years, certificants are expected to sit for the RPSGT credential.
- CPSGT certificants must earn continuing education credits.
- Completion of nine designated AASM A-Step Online Study Modules is required.
- See chart on previous page for details about eligibility.



What is a Registered Polysomnographic Technologist™?

An RPSGT is a fully-trained sleep technologist who has met the rigorous requirements to become credentialed by the Board of Registered Polysomnographic Technologists. This credential represents the highest standard in the field of sleep technology. To become RPSGT credentialed, technologists must have the necessary clinical experience criteria, have BCLS certification or its equivalent, pass a rigorous examination, maintain a high level of competence and expertise in the field of polysomnography and adhere to strict rules of conduct. When a sleep study is advised, patients should educate themselves about the process and be proactive in requesting that their polysomnogram be conducted by or under the direction of an RPSGT.

Who is eligible to become an RPSGT?

There are four different pathways to eligibility (see next page). Those eligible to take the examination include professionals with 18 months of paid clinical experience in polysomnography; credentialed professionals with 6 months of paid clinical experience in polysomnography from a BRPT accepted health-related field such as nursing, respiratory care and electroneurodiagnostics (see next page for complete list); graduates of programs with special recognition in polysomnography and accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP); or those who have completed both the AASM Introductory Course and the AASM Self-Study Online Modules. Eligibility requirements are subject to change. See www.brpt.org for details.

What is the value in becoming credentialed?

Earning the RPSGT credential is one way to differentiate yourself from other sleep techs and establish immediately that you are invested in the profession, have achieved a minimal level of core competency and continue to educate yourself about polysomnographic technology. In the sleep medicine field, the RPSGT credential is the mark of a highly skilled allied health care professional who has met the high standards of the Board of Registered Polysomnographic Technologists, an internationally recognized credentialing body.

Who Becomes an RPSGT?

Often RPSGTs start their careers working in an assistant-level capacity. Others start as nurses, electroneurodiagnosticians, emergency care personnel, respiratory therapists or medical doctors. It is not unusual for an RPSGT to be dual-credentialed.

Does having the RPSGT credential increase career opportunities?

In any profession, it is commonly accepted that those who are credentialed earn more than those who are not certified. Similarly, it is commonly accepted that within the same geographic region, RPSGTs earn more than non-registered sleep techs and there is evidence that an increasing number of employers prefer to hire RPSGTs. Many employers consider the RPSGT credential a preferred requirement for job applicants. For many, earning the credential translates into an immediate increase in salary.

How do RPSGTs make a difference?

By excelling in their field, RPSGTs are indispensable to the diagnosis, treatment and after care of many sleep disorders. A registered sleep technologist truly helps patients live better, healthier lives. The professionalism that comes from being knowledgeable in the sleep medicine field helps increase visibility and credibility for this important and growing medical discipline.

QUICK FACTS ABOUT THE RPSGT CREDENTIAL

- Download the free RPSGT Candidate Handbook for details on the exam, study tips, application procedures and more. Go to www.brpt.org.
- Allow a minimum of six months of study to prepare for the four-hour, 200-question computer-based exam.
- Apply for on demand testing online. The on demand testing model offers increased flexibility in scheduling and immediate exam results delivery. The exam is given at hundreds of locations in the U.S. and internationally.
- The application fee for the RPSGT exam is \$450.
- The BRPT requires that all RPSGTs recertify every five years either by retaking the exam, or by accumulating 50 hours of continuing education credit.
- The RPSGT Directory, accessible from the BRPT website, is a database of all RPSGTs, searchable by name, registry number and location.
- More information on eligibility requirements continue on the next page.

BRPT Exam Pathways and Eligibility Requirements at a Glance

CPSGT - CERTIFIED POLYSOMNOGRAPHIC TECHNICIAN - ELIGIBILITY REQUIREMENTS

PATHWAY CPSGT

There is only one pathway to earning the CPSGT Certificate

CLINICAL EXPERIENCE

Candidates must provide verification of three months of paid full time experience in polysomnography, defined as 36 hours per week over three months, or a cumulative total of at least 432 hours. Experience is defined as direct patient recording and/or scoring.

A-STEP OR CAAHEP/CoARC REQUIREMENTS*

Candidates must submit proof of completion of these 9 AASM A-STEP Self-Study Online Modules, upon which the exam is based:

- Introductory Topics
- Performing PSG 1: Theory
- Performing PSG 1: Preparation and Setup
- Arousals, Artifacts and Arrhythmias
- Patient Assessment
- Sleep Related Breathing Disorders
- Positive Airway Pressure & Oxygen Therapy for Sleep Related Breathing Disorders (PAP only)
- Scoring of Sleep Stages
- Performing PSG 2: Recording and Monitoring

RPSGT - REGISTERED POLYSOMNOGRAPHIC TECHNOLOGIST - ELIGIBILITY REQUIREMENTS

RPSGT PATHWAY #1

18 months of PSG experience (on-the-job training)

CLINICAL EXPERIENCE

Candidates must complete a minimum of 18 months of paid clinical experience where at least 21 hours per week per calendar year of on-the-job duties performed are Polysomnography direct patient recording and/or scoring. Duties must be within a 3-year period prior to the exam.

A-STEP OR CAAHEP/CoARC REQUIREMENTS*

Candidates must complete the AASM A-STEP Self-Study Online Modules, (or a BRPT-designated alternate educational program). NOTE: Any additional requirements to complete the A-STEP Introductory Course (previously a requirement set to go into effect July 2010), OR to graduate from a CAAHEP/CoARC program (previously a requirement set to go into effect July 2012) have been suspended.

And, the A-STEP requirement for Pathways #1 and #4 was modified effective January 1, 2011, eliminating four of the basic A-STEP modules and adding four "supplementary" A-STEP modules. For a list of the A-STEP modules required under Pathways #1 and #4 please see the detailed exam eligibility information available at www.brpt.org.

RPSGT PATHWAY #2

6 months of PSG experience (credentialed health professionals)

Candidates must hold one of the following credentials: RN, LPN, RRT, CRT, R. EEG T., R. EP T., CNIM, PA, PhD., MD, DO, DC, EMT-P, DDS, RT, RT (R), RT (CT), RT (BD), RT (N), CCT

Candidates must complete a minimum of 6 months of paid clinical experience where at least 21 hours per week per calendar year of on-the-job duties performed are Polysomnography direct patient recording and/or scoring. Duties must be within a 3-year period prior to the exam.

No A-STEP requirements for Pathway #2 candidates. A requirement to graduate from a CAAHEP/CoARC program previously set to go into effect July 2012 has been suspended.

RPSGT PATHWAY #3

Graduates of a CAAHEP-Accredited Polysomnographic Technology Program, a CAAHEP-Accredited program in Respiratory or END with a PSG add-on, or CoARC Accredited PSG Programs

Candidates must provide official transcript showing successful completion of a program in polysomnographic technology accredited by the Commission on Accreditation of Allied Health Education programs (CAAHEP) -- stand alone or attached to a program in respiratory or electroneurodiagnostics -- or PSG programs accredited by the Commission on Accreditation for Respiratory Care.

No A-STEP requirements for CAAHEP or CoARC PSG Program graduates

RPSGT PATHWAY #4

9 months of PSG experience and completion of BOTH the AASM A-STEP Self-Study Online Modules, (or a BRPT-designated alternate educational program) AND the AASM A-STEP Introductory Course

Candidates must complete a minimum of 9 months of paid clinical experience where at least 21 hours per week per calendar year of on-the-job duties performed are Polysomnography direct patient recording and/or scoring. Duties must be within a 3-year period prior to the exam.

Candidates must submit proof showing completion of BOTH the AASM A-STEP Self-Study Online Modules (or a BRPT-designated alternate educational program) AND the AASM A-STEP Introductory Course

And, the A-STEP requirement for Pathways #1 and #4 was modified effective January 1, 2011, eliminating four of the basic A-STEP modules and adding four "supplementary" A-STEP modules. For a list of the A-STEP modules required under Pathways #1 and #4 please see the detailed exam eligibility information available at www.brpt.org.



www.brpt.org



**A-STEP is a program of the American Academy of Sleep Medicine (AASM) and is separate and independent from the BRPT. BRPT derives no revenue or funding from the A-STEP program. More information is available at www.aasmnet.org.*

**CAAHEP (Commission on Accreditation of Allied Health Education Programs) is separate and independent from the BRPT. BRPT derives no revenue or funding from CAAHEP programs. More information is available at www.caahep.org.*

<p>SECONDARY EDUCATION Candidates must include proof of completing secondary education. Acceptable forms of proof are copies of transcripts or diplomas from high school, GED or equivalent, or college or university education.</p>	<p>BCSL/CPR CERTIFICATION Must hold certification in Basic Cardiac Life Support (BCLS) or the equivalent (international only) that remains current at the time of testing. These programs must include a hands-on practical training evaluation segment and you must provide documentation that shows demonstration of skills.</p>	<p>BRPT STANDARDS OF CONDUCT Candidates must follow the BRPT Standards of Conduct and Policies and Procedures.</p>
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