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 five different pathways to eligibility: Clinical Experience, Healthcare Credential, CAAHEP/CoARC Student, Focused Training, and International Option.

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 three hour-175 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 $550.

- The BRPT requires that all RPSGTs recertify every five years either by retaking the exam before expiration, or by accumulating 50 hours of continuing education credit.

- The RPSGT Primary Source Verification Directory, accessible from the BRPT website, as well as the self-service portal, is a database of all active and inactive credential holders searchable by name or registry number.

RPSGT EXAM ELIGIBILITY CRITERIA

RPSGT
®
Registered Polysomnographic Technologist

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 BRPT approved 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 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 and a post secondary degree in a medical science related discipline.

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

CPSGT EXAM ELIGIBILITY CRITERIA

CPSGT
®
Certified Polysomnographic Technician

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.

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

STAR PROGRAM

The BRPT has been a long-time proponent of formal education for sleep technologists. However, the majority of technologists entering the field still do so through on-the-job training and self-study education. Over the years the BRPT Education Advisory Committee has reviewed and approved alternative education programs for exam eligibility. In early 2012, in an effort to better recognize these education providers, the BRPT created the STAR (Sleep Technology Approved Resource) Program.

BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS

STAR SLEEP TECHNOLOGY APPROVED RESOURCE

All existing BRPT-alternative education programs now have a STAR designation for exam eligibility. The STAR designation does not apply to CAAHEP or CoARC accredited education programs, but to education programs that are alternatives to the CAAHEP or CoARC accredited education. STAR programs are assigned a program provider number allowing the STAR provider to track student performance on BRPT exams. New or already developed programs interested in STAR designation will need to complete an application form and undergo program review prior to approval. A STAR application and a current list of STAR programs can be found on the BRPT website (www.brpt.org).

CRITERIA FOR STAR-DESIGNATED EDUCATION PROGRAMS

STAR-designated education programs:

- Use instructors and course developers who are credentialed in sleep technology and/or sleep medicine, respiratory care, electroneurodiagnostics, or their specialty field.
- Provide an examination at the completion of each topic or program to assess the student's knowledge and understanding of the materials presented.
- Base content and information on current references and textbooks, and provide education and instructional methods in accordance with industry standards.
- Provide a certificate to document a student's successful completion of each education module and/or the entire program.

STAR-designated programs fall into one or more of the following education categories:

- **Self-Study.** Programs consist of organized, self-paced, education tracts that are often computer-based.
- **Focused.** Programs include both self-study or expanded classroom education and at least 80 hours of lecture and on-site skills training.
- **Focused 2.** Programs include at least 80 hours of lecture and on-site skills training and MUST be paired with a Self-Study program to meet exam eligibility requirements. The Focused 2 program and the Self-Study program can be from the same STAR education provider or different STAR providers.

STAR-designated programs include the following topics:

- **Polysomnograpic Instrumentation:** Hardware and software instrumentation, such as A/D conversion, screen resolution, sampling rate, memory, filters, gain, sensitivity, polarity, equipment and computer interfaces; audio/video requirements.
- **Sleep/Wake Physiology and Pathophysiology:** Normal REM and NREM sleep; basic respiratory and cardiac physiology; effects of sleep disruption, sleep disorders, medications, and medical conditions; age specific variations and conditions. Sleep Disorders Classifications and Diagnostic Criteria: The International Classification of Sleep Disorders; Sleep Related Breathing Disorders; Parasomnias; Movement Disorders; Circadian Rhythm Disorders; Insomnia; Hypersomnia; Narcolepsy; Nocturnal Epilepsy.
- **Polysomographic Procedures:** PSG, MSLT, MWT, out of center sleep testing; actigraphy; recording protocols; pediatric parameters.

- **Chart Review and Questionnaires:** Medical and sleep history; procedure order; sleepiness scales, pre- and post-sleep questionnaires; anticipation of protocols, equipment and patient needs.
- **Patient Interaction and Professionalism:** Confidentiality; standards of conduct, age- and condition-specific considerations; communication; patient identification; patient assessment; patient follow up.
- **Patient and Equipment Preparation:** Patient orientation and education; room preparation; equipment, electrode and sensor selection; electrode and sensor application; montages; equipment calibration.
- **Patient Monitoring:** "Lights On" and "Lights Off"; documentation and observations; artifacts and troubleshooting; recognizing and responding to clinical events; waveform recognition; optimizing recording strategies and data acquisition.
- **Patient Safety and Emergency Situations:** Cleaning and disinfecting; recognizing and responding to patient and building emergencies; preventative maintenance; facility requirements; safe handling of sharp, contaminated, and hazardous materials.
- **Therapeutic Interventions:** Types of therapy: PAP, O2, oral appliance, position, surgery, NIV; masks and interfaces; leak, humidification, pressure release ventilation; titration protocols; compliance; risk factors.
- **Scoring:** AASM scoring manual; application of scoring rules for age, sleep stages, respiratory events, desaturations, arousals, movements, cardiac events; EEG variations and abnormalities.
- **Data Analysis and Reporting:** Technologist summary; graphic summary; calculations and measurements (e.g. RDI, AHI, ArI, PLMI, sleep onset, REM onset, sleep stage distribution); reporting parameters; physician notification and communication.
- **Data Archiving and Storage:** Devices; techniques; medical records requirements.

Answers to Your Questions About the CPSGT® 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. 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 who are committed to continued professional growth. 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 is based on an advanced level of professional skill and knowledge.

QUICK FACTS ABOUT THE CPSGT EXAM

- Once approved, apply online for on demand testing.

- The application fee for the CPSGT exam is $300. 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 submit 10 continuing education credits per year.

- CPSGT applicants are only permitted to retake the exam once.

CPSGT: AN ENTRY LEVEL CERTIFICATE FOR INDIVIDUALS NEW TO THE SLEEP PROFESSION

February 2022 — For more information, call (800) 935-8115, or visit www.brpt.org.