



**RPSGT®**  
Registered Polysomnographic Technologist

**CPSGT®**  
Certified Polysomnographic Technician

# STUDENT INFO PACKET





## We hope you'll consider choosing to pursue a career in polysomnography!

**IN THIS VIBRANT AND GROWING FIELD THERE ARE MANY NEW AND EXCITING OPPORTUNITIES FOR SLEEP HEALTH PROFESSIONALS.**

The Board of Registered Polysomnographic Technologists (BRPT) can be a valuable resource as you consider this path. Since the first Registered Polysomnographic Technologist (RPSGT) credentialing exam administration in 1979, the BRPT has credentialed more than 20,000 RPSGTs worldwide. The RPSGT is the internationally-recognized leading credential for sleep technologists. The CPSGT exam is an entry level exam and an excellent way to begin a career in sleep technology.

**This electronic Sleep Tech Information Packet contains materials and information on:**

- The BRPT
- The RPSGT credential
- The CPSGT credential
- Tips and resources to help you prepare for the examinations
- Websites and other links of interest

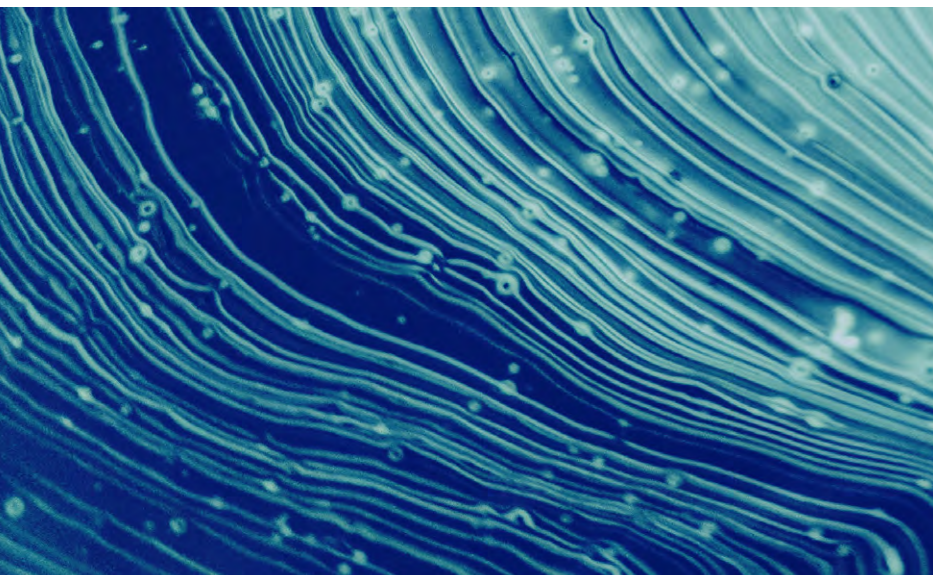
Please visit [www.brpt.org](http://www.brpt.org) for more information or feel free to contact the BRPT via email ([info@brpt.org](mailto:info@brpt.org)) or phone (800) 935-8115 if you have any questions.





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# The Board of Registered Polysomnographic Technologists (BRPT)

## WHO WE ARE

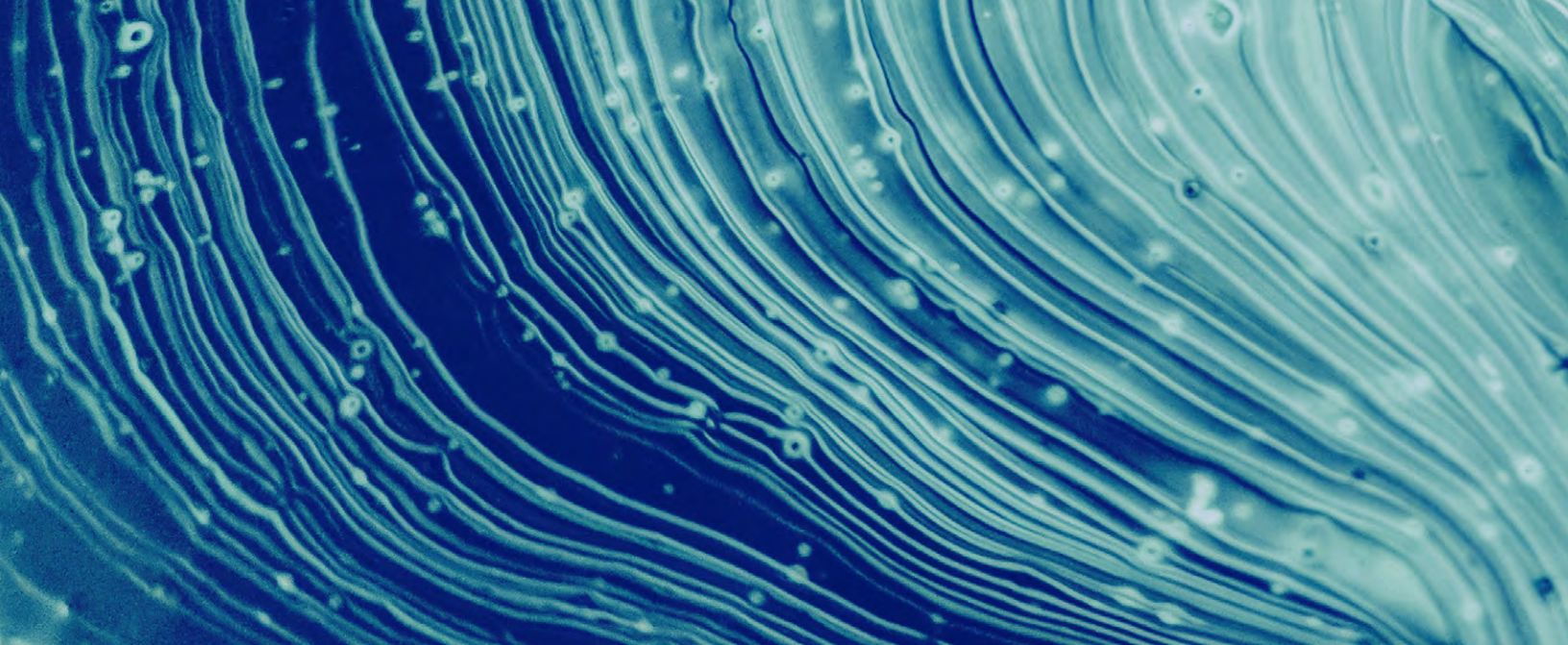
Founded in 1978 to answer a call to establish uniform credentialing standards for sleep technologists in the developing field of polysomnographic technology, the Board of Registered Polysomnographic Technologists (BRPT) has stood for the highest standard in sleep credentialing. Certification by the BRPT means sleep technologists have demonstrated the level of core knowledge, clinical skills, abilities and attributes expected of and appropriate to their level of experience in the field of sleep technology.

BRPT is not a membership society, but a sleep health professional-led non-profit, independent certification board. Our accountability is both

to the profession of sleep medicine and to the public. To this end, the BRPT develops, maintains and administers the CPSGT, RPSGT and CSH examinations, and the Pediatric Sleep certificate exam. In addition, BRPT establishes the BRPT Standards of Conduct for credentialed technologists and clinical sleep health professionals.

BRPT cultivates the highest professional and ethical standards for polysomnographic technologists by providing the foremost globally recognized credential in sleep technology – the Registered Polysomnographic Technologist (RPSGT) credential. Since the first credentialing exam administration in 1979, BRPT has credentialed more than 20,000 RPSGTs in





the United States, Canada, and 32 countries overseas. In March of 2010, the BRPT launched an entry-level certificate exam, the Certified Polysomnographic Technician (CPSGT). The Certification in Clinical Sleep Health (CCSH) exam was launched in May 2014. The CCSH is an advanced credentialing examination for healthcare providers who work directly with sleep medicine patients, families and practitioners to coordinate and manage patient care, improve outcomes, educate patients and the community, and advocate for the importance of good sleep. All BRPT exams are offered on demand with immediate test results.

Based on extensive feedback from BRPT credential holders about the need for a specialty exam for pediatric sleep, in 2020 the BRPT launched the Pediatric Sleep Certificate Exam. 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 will be awarded an assessment-based certificate in the form of a digital badge.

In addition to administering the RPSGT, CPSGT and CCSH exams in the United States and internationally, the BRPT also maintains the RPSGT, CPSGT and CCSH registries for credential verification.

## A COMMITMENT TO EDUCATION

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. STAR designation is reserved for education programs that do not have CAAHEP or CoARC accreditation. Designation as a STAR provider is granted solely for the purpose of establishing candidate eligibility for the RPSGT, CPSGT and CCSH exams.

The BRPT also provides its Continuing Sleep Technology Education (CSTE) Program for educational providers seeking continuing education credits for their offerings.

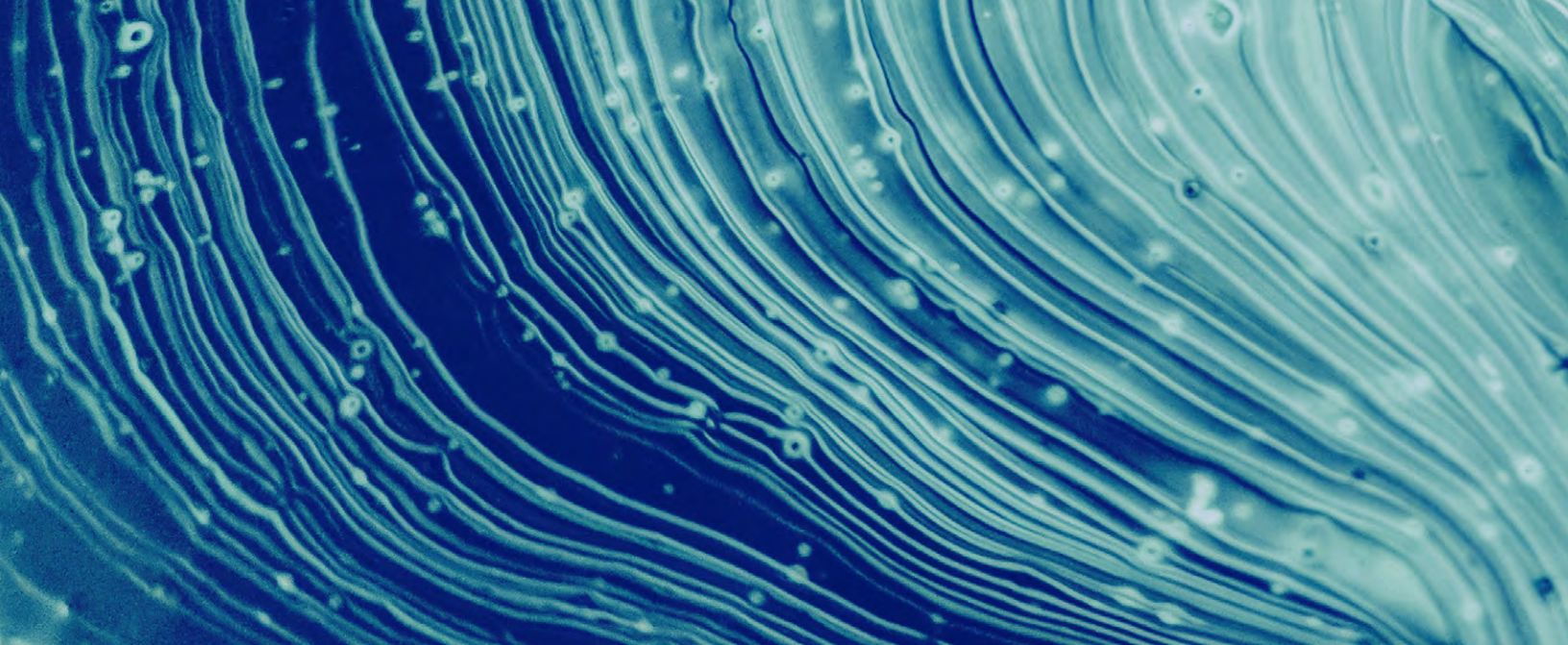
## BOARD OF DIRECTORS

The BRPT is led by an active, engaged all-volunteer Board of Directors comprised of experts in the field of polysomnography and includes at least one public member representing the interests of the consumer / patient community. The Board is international in scope and blends the expertise of working technologists and physicians to establish and maintain credentialing guidelines for polysomnographic technologists and clinical sleep health specialists. Board members are nominated by colleagues in the field and, if elected, serve four-year terms.

## EXECUTIVE OFFICE

The BRPT Executive Office is based in Arlington, VA and includes a Chief Executive Officer, Credentialing Director, Credentialing Manager, Credentialing Assistant and a Program Administrator.





## THE BRPT EXAMS

The CPSGT, RPSGT and CCSH exams are developed by teams of experienced item writers and Subject Matter Experts, under the direction of an Exam Development Committee (EDC) in accordance with best credentialing practices, including administration, assessment development and recertification. The RPSGT exam is accredited through the National Commission for Certifying Agencies (NCCA), the accreditation arm of the Institute for Credentialing Excellence (ICE). Certification programs that receive NCCA Accreditation demonstrate compliance with the NCCA's Standards for the Accreditation of Certification Programs.

## OUR TESTING PARTNER

Exam development, statistical validation, psychometric services and test delivery are managed through Pearson VUE, headquartered in Minneapolis, MN.

## REVENUE AND EXAM FEES

Revenues generated through exam fees are invested in the continuing development and effective administration of the exams, including item development, standard setting and exam form review. The BRPT exams and recertification fees are competitively priced in the allied health field.



# The RPSGT Credential, The Institute for Credentialing Excellence and The National Commission for Certifying Agencies

## THE RPSGT CREDENTIAL

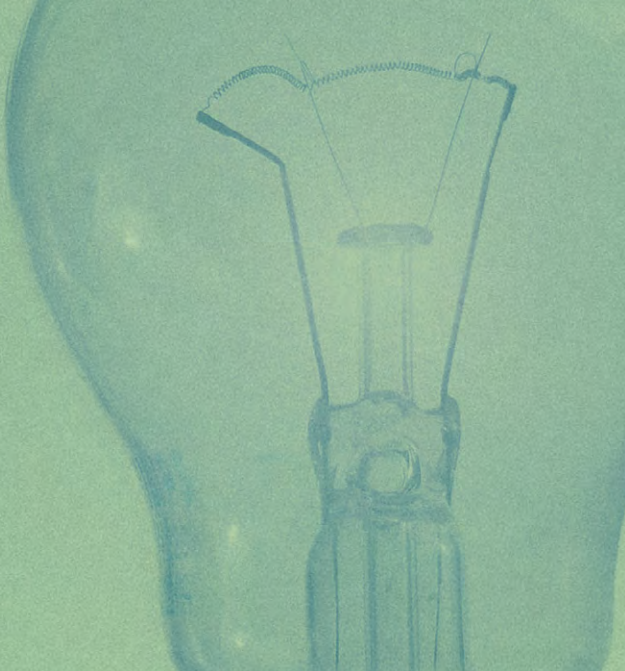
Earning the RPSGT credential immediately distinguishes sleep technologists from the rest of the field by awarding a credential recognized by government legislative, licensure, and insurance agencies, as well as healthcare professionals and industry leaders. The RPSGT signifies an investment in the profession and achievement of a distinct level of core competency. In the specialized field of sleep medicine, the RPSGT credential signifies a highly skilled allied health professional who has met the high standards of

the internationally recognized and accredited Board of Registered Polysomnographic Technologists (BRPT).

## WHO ARE ICE AND NCCA?

The Institute for Credentialing Excellence (ICE) is a non-profit organization dedicated to providing educational, networking and advocacy resources for the credentialing community. The BRPT has been an active member of ICE for many years. ICE's accrediting body, the National Commission for Certifying Agencies (NCCA), evaluates





certification organizations for compliance with the NCCA Standards for the Accreditation of Certification Programs. Today ICE and NCCA work to ensure the health, welfare, and safety of the public by establishing standards for certifying organizations to assess professional competence. A credential's professional credibility is dependent on the validity of the certifying process.



## THE RPSGT EXAM – NCCA ACCREDITED

The RPSGT exam has been NCCA-accredited for nearly two decades. The RPSGT exam has met the rigorous NCCA third-party validation of all processes involved in the development and delivery of the RPSGT exam, from the exam development and item writing functions through recertification. Accreditation standards require a strong Job Task Analysis (JTA) that assures BRPT is offering a valid exam reflective of the current knowledge, skills and tasks required of a working RPSGT. They also mandate stringent recertification requirements that do not allow for “grandfathering.” The NCCA accreditation process is lengthy and thorough. NCCA accreditation for the RPSGT exam supports the standing of the RPSGT credential with state and federal regulators, under reimbursement guidelines for Medicare and Medicaid, and within the broader allied health community.



### **NCCA Accreditation – An Essential Element of the BRPT’s Credentialing Program**

In the professional credentialing industry, NCCA accreditation represents compliance with the highest credentialing industry practices. With more than 20,000 RPSGTs credentialed worldwide and BRPT’s more than 40-year strong history of providing a robust, valid, and defensible credentialing program, the RPSGT credential will remain the gold standard in sleep technology.

### **FOR MORE INFORMATION**

- Learn more about ICE and NCCA accreditation at <https://www.credentialingexcellence.org/>
- FAQ’s about NCCA accreditation: <https://www.credentialingexcellence.org/Accreditation/Earn-Accreditation/NCCA/FAQs>
- To search for accredited certification programs: <https://ice.learningbuilder.com/Public/MemberSearch/ProgramVerification>





## The RPSGT Exam

The RPSGT examination is computer-based and consists of 175 multiple-choice items. The three-hour exam is offered on-demand at secure, proctored test locations with access to immediate test results upon completion.

**General Knowledge Required:** Medical terminology, safety, verbal and written communication skills, ethics, patient confidentiality, basic patient care and emergency procedures, basic math skills and calculations, computer skills.

**The Successful Candidate Will Have Knowledge Of:** Sleep disorders and diagnostic criteria, sleep related co-morbidities, anatomy and physiology, neurophysiology, cardiac physiology, respiratory physiology, sleep physiology, scoring rules, practice parameters, testing procedures, medications

and over-the-counter products, basic knowledge of computers, EEG waveform morphology, instrumentation, intervention/treatment/therapy modalities, treatment modalities.

**The RPSGT exam is comprised of four Domain areas:**

**DOMAIN 1:** Clinical Overview, Education, Patient Support

**DOMAIN 2:** Sleep Study Preparation And Performance

**DOMAIN 3:** Scoring, Reporting, And Data Verification

**DOMAIN 4:** Therapeutic Treatment And Intervention

**Click here to view the exam blueprint:**

<https://www.brpt.org/rpsgt/exam-blueprint/>

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## Preparing For The RPSGT Exam

### THERE ARE 5 ELIGIBILITY PATHWAYS FOR THE RPSGT EXAM:

#### **RPSGT Pathway 1:**

Clinical Experience. Candidates must have a minimum of 1,638 hours of experience in the field and have also completed a STAR-designated Self-Study education program.

#### **RPSGT Pathway 2:** Healthcare Credential.

Candidates must have a minimum of 546 hours of experience and also hold another healthcare credential.

#### **RPSGT Pathway 3:** CAAHEP/CoARC Student.

Candidates must be graduates of a CAAHEP or CoARC-accredited polysomnography education program.

#### **RPSGT Pathway 4:** Focused Training.

Candidates must have a minimum of 819 hours of experience in the field and have also completed STAR-designated Focused education, or a combination of Self-Study and Focused 2 education.

**RPSGT Pathway 5:** International Option. The international candidate must have a minimum of 546 hours of experience in the field.

**Note:** Complete details of documentation and requirements necessary for the different examination Pathways can be found at [www.brpt.org](http://www.brpt.org).



BELOW ARE IMPORTANT RESOURCES TO HELP YOU PREPARE FOR THE RPSGT EXAMINATION.

### THE RPSGT CANDIDATE HANDBOOK

The RPSGT Candidate Handbook contains all the information you need to get started, learn about the process, and complete the appropriate application. Specifically, it outlines the eligibility requirements and steps for applying to take the exam including the on-demand delivery process, the exam blueprint and how the exam is scored. Additionally, the candidate handbook has information on the BRPT policies, procedures and standards of conduct. Click here to view the RPSGT Candidate handbook: <https://www.brpt.org/rpsgt/rpsgt-handbook/>

### THE RPSGT STUDY GUIDE

The latest edition of the RPSGT Exam Study Guide is built against the RPSGT Exam Blueprint and is a valuable resource as you prepare for the RPSGT exam. Click here to order a copy of the Study Guide <https://www.brpt.org/rpsgt/exam-prep/study-guide/>

### RPSGT PRACTICE EXAMS

The RPSGT practice exams are a great tool for any candidate studying for the RPSGT Exam. The online practice exams feature questions similar in content and format to those on the RPSGT examination and were designed using the same exam blueprint as the RPSGT exam. The questions on the exams reflect the current AASM scoring rules. To access the practice exams, go to <https://www.brpt.org/rpsgt/exam-prep/practice-exams/>



## OTHER RESOURCES

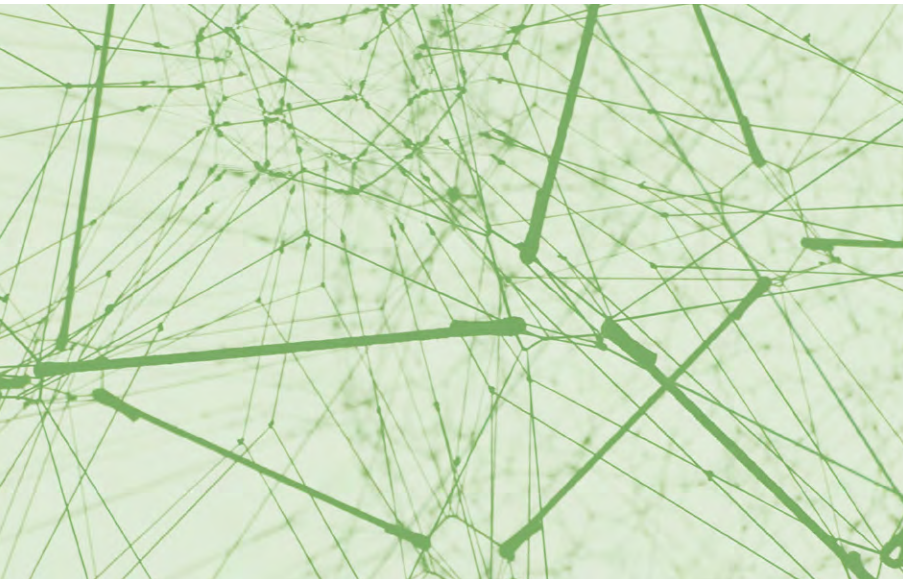
**RPSGT Exam References:** suggested primary reference materials to assist applicants: <https://www.brpt.org/rpsgt/exam-prep/references/>

**RPSGT Exam Study Tips:** <https://www.brpt.org/rpsgt/exam-prep/study-tips/>

### **A Short Video Offering Tips**

**And Suggestions:** [https://drive.google.com/file/d/17-mNRD8tUDHRBLByQAJJdwBTDdwCMSgl/view?fbclid=IwAR0j6-bXBFFQa-wJKF4\\_ZpufX1slvRPPp-RVAP9-2\\_Zl89bdfECQalnDTCA](https://drive.google.com/file/d/17-mNRD8tUDHRBLByQAJJdwBTDdwCMSgl/view?fbclid=IwAR0j6-bXBFFQa-wJKF4_ZpufX1slvRPPp-RVAP9-2_Zl89bdfECQalnDTCA)





## The CPSGT Exam – An entry-level certification for individuals new to the sleep field

The Certified Polysomnographic Technician (CPSGT) is an entry-level certification earned by individuals new to the sleep field. This is another terrific option to consider as the CPSGT certificate program reflects a commitment to competency-based testing early in a sleep professional's career. The CPSGT certification is time-limited; certificate holders must earn the RPSGT credential within three years or lose the CPSGT designation.

The CPSGT exam is computer based and consists of 75 multiple choice questions; candidates have two hours to complete the test. The CPSGT exam is offered on-demand with immediate test results.

**General Knowledge Required:** Medical terminology, safety, verbal and written communication skills, ethics, patient confidentiality, basic patient care and emergency procedures, basic math skills and basic calculations, basic knowledge of computers.





**A Successful Candidate Will Have Basic**

**Knowledge Of:** Sleep apnea and diagnostic criteria, practice parameters for sleep apnea, adult and pediatric testing procedures for sleep apnea, scoring rules, EEG waveform morphology, sleep physiology, respiratory physiology, cardiac physiology, troubleshooting skills, intervention and treatment/CPAP therapy, recognition of need for bilevel therapy and supplemental oxygen.

**The CPSGT exam is comprised of three Domain areas:**

**DOMAIN 1:** Sleep Study Preparation and Performance

**DOMAIN 2:** Sleep Physiology Recognition and Summary

**DOMAIN 3:** Therapeutic Treatment and Intervention

**Click here to view the exam blueprint:** <https://www.brpt.org/cpsgt/exam-blueprint/cpsgt-blueprint-through-4-30-2018/>





## 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.

### **Preparing For The CPSGT Exam**

The BRPT is committed to helping you succeed in your career. We have assembled the materials listed below to assist you in preparing for your exam in terms of the types of questions you will see on your test, as well as the skills you'll need to know to pass. Preparing for test day is the best way to ensure your success!

### **Studying for the CPSGT Exam**

The CPSGT exam is intended to test the knowledge, skills and abilities to be expected of entry-level practitioners performing polysomnography and basic CPAP titration techniques.



While there is no stand-alone study guide for the CPSGT exam, be sure to review the CPSGT Candidate Handbook. It provides information which will be very helpful to you as you prepare for the CPSGT exam. Click here to review the CPSGT Candidate Handbook: <https://www.brpt.org/cpsgt/cpsgt-handbook/>

CPSGT Candidates are encouraged to utilize the AASM Manual for the Scoring of Sleep and Associated Events, Rules Terminology and Technical Specifications as an additional reference in preparing for the CPSGT exam. Click here to review a set of references that will help you prepare for the CPSGT exam: <https://www.brpt.org/cpsgt/exam-prep/references/>



## Additional Sources Of Information

**The BRPT Website:** <https://www.brpt.org>

**The BRPT Career Center:**  
<https://www.brpt.org/etc/career-center/>

**The BRPT FaceBook Page:**  
<https://www.facebook.com/TheBRPT/>

**The American Association of  
Sleep Technologists (AAST):**  
<https://www.aastweb.org/>

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