



Priority Health Education

where your success is our priority

www.PriorityHealthEducation.com

866-942-9442

Sleep Technology, also known as Polysomnographic Technology, is a specialized health-care profession. It involves the technical evaluation of patients with sleep disorders in the clinical setting of a sleep disorders center or laboratory for sleep related breathing disorders. Sleep technologists utilize the latest technology to conduct “sleep studies” that ensure the safe and accurate assessment and treatment of sleep disorders patients.

The *American Academy of Sleep Medicine (AASM)* developed the Accredited Sleep Technologist Education Program (**A-STEP**) to promote the standardization of sleep technologist education and training. A-STEP equips students with the knowledge and skills they need to excel in the profession of sleep technology.

This ASTEP course gives students the foundational understanding and practical skills that are essential for a successful career in the profession of sleep technology. Completing A-STEP fulfills the eligibility requirements for the Registered Polysomnographic Technologist (RPSGT™) Exam, which is offered by the *Board of Registered Polysomnographic Technologists (BRPT)*. For certain exam candidates the successful completion of A-STEP is mandatory.

■ STEP ONE

This step consists of 80 hours of instruction and training through an A-STEP provider. The coursework involves consistent, basic instruction about sleep, sleep disorders, sleep studies and patient care, and it concludes with passing an online examination given by the AASM. You then enter the profession as a TRAINEE. Students who successfully complete the introductory course and exam proceed to begin the AASM A-STEP Self-Study Modules (Step Two).

■ STEP TWO

This Web-based program consists of 14 online, educational modules through the AASM. Most students will complete these modules while they receive 18 months of supervised, paid, on-the-job training from a sleep disorders center or your choice. Once you have successfully completed the on-the-job training and the 14 online modules you advance to the level of TECHNICIAN.

A technician reaches the highest level in the profession, TECHNOLOGIST after he or she passes the Registered Polysomnographic Technologist (RPSGT™) Exam, which is offered by the Board of Registered Polysomnography (BRPT).

■ WHO SHOULD TAKE THE COURSE AND HOW DOES IT WORK

New entrants to the profession who need a basic understanding of sleep, sleep disorders and sleep technology You enroll in the AASM SSTEP Introductory Course through Priority Health



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Education and then complete the 80 hours of instruction. The course cost is \$2695 which includes books and materials.

When you complete your 80 hours, our A-STEP program director signs a completed notification form and sends it to the AASM to verify that you have completed the course. The AASM e-mails you important registration instructions for the ASTEP Introductory Course final exam. To register for the final examination you must pay \$50 by credit card when you access the online exam for the first time. This is paid to the AASM. After registering with the AASM, you have 30 calendar days to earn a score of 70 percent or higher on the online exam, which consists of 110 multiple-choice questions. The length of the exam is three hours. The exam is an open-book exam. You then have three chances to pass the exam. If you fail to pass the exam after three attempts, then you may need to repeat the 80-hour course and pay the \$50 exam fee again. The student who passes the exam becomes a Sleep Technology Trainee and proceeds to take the AASM A-STEP Self-Study Modules.

■ AASM ASTEP SELF STUDY MODULES

The *American Academy of Sleep Medicine (AASM)* helps enhance your professional education through the Accredited Sleep Technologist Education Program (A-STEP) Self-Study Modules.

The AASM A-STEP Self-Study Modules confirm that you have a comprehensive understanding of the fundamentals of sleep technology.

■ Who Completes The Modules?

Sleep technology trainees who passed the AASM A-STEP Introductory Course and Exam. Also any candidate for the Registered Polysomnographic Technologist (RPSGT™) Exam who is an on-the-job trainee OR a health-care professional with credentials that are accepted by the BRPT.

■ How Does It Work?

The student completes 14 online, educational modules through the A-STEP Web page. **These modules cover topics that were introduced in the AASM A-STEP Introductory Course.** On-the-job trainees will complete the modules while they finish the 18 months of supervised clinical experience that are required to become eligible to take the RPSGT Exam. (*Health-care professionals with credentials that are accepted by the BRPT require only six months of supervised clinical experience*).

Students who *have completed* the AASM A-STEP Introductory Course pay \$30 per module.



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Other students pay \$40 per module. This payment is required when the student first accesses each module. Each module takes approximately 45 minutes to 90 minutes to complete. At the end of each module the student must pass a short examination before proceeding to the next module. The student may take the exam as many times as is necessary to earn a grade of 70 percent or higher.

After completing all of the self-study modules, students who meet the eligibility criteria set by the BRPT can take the next step toward becoming a sleep technologist by applying to take the RPSGT Exam. The AASM will maintain certification records that show the sleep technology technician's completion of the AASM A-STEP Self-Study Modules. This information will be made available for the technician to give to future employers.

■ WHAT IS THE COST OF THE ASTEP PROGRAM

Priority Health Education charges \$2695 for the 80 hour ASTEP Introductory program. This fee includes all instructional material, student membership in the American Association of Sleep Technologist (AASST), lunches, and the Step One Introductory Certificate of Completion.

The ASTEP Introductory Course Final Exam cost is \$50 paid directly to the AASM. The 14 online modules are \$30 per module and are also paid directly to the AASM.

In most cases your *total cost* for ASTEP's Steps One and Two is approximately **\$3100**. (In some cases there are additional facility costs for insurance and legal requirements so check with our Program Administrator to see if any of these apply to you)

■ ASTEP AND THE RPSGT EXAM

To take the RPSGT™ Exam on or after July 1, 2008, both on-the-job trainees and health-care professionals with accepted credentials are required to have successfully completed the 14, online AASM A-STEP Self-Study Modules. Candidates have the option of also completing the 80-hour, AASM A-STEP Introductory Course in preparation for the study modules.

Beginning in 2010, all exam candidates who are on-the-job trainees will be required to pass the AASM A-STEP Introductory Course before successfully completing the AASM A-STEP Self-Study Modules.

After July 1, 2008, the only exam candidates who will not be required to enroll in A-STEP are those who have successfully completed a sleep technology training program that is accredited by the *Commission on Accreditation of Allied Health Education Programs (CAAHEP)*.



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In 2012 the completion of a CAAHEP-accredited sleep technology program will be required for all RPSGT™ Exam candidates.

THE BRPT REQUIREMENTS TO TAKE THE RPSGT EXAM

Applicants must satisfy one of the following eligibility criteria:

Complete a minimum of 18 months of *paid clinical experience* where duties performed are primarily polysomnography;

OR

Complete a minimum of *6 months of paid clinical experience* where duties performed are primarily polysomnography **AND** the applicant holds a credential in one of the following allied health fields accepted by the BRPT: Nursing- (RN, LPN), Respiratory care- (RRT, CRT), Electroneurodiagnostics- (R. EEG T.), MD, D.O., or National EMT-P.) **Applicants MUST submit a copy of a certificate or official correspondence from the credentialing agency with the application if mailed, or in the case of online applications, a copy must be mailed to complete eligibility.**

NOTE: On the job experience must be within a 3-year period prior to the exam.

OR

Successfully complete a program in polysomnographic technology accredited by the *Commission on Accreditation of Allied Health Education Programs (CAAHEP)*. This pertains to all CAAHEP-accredited programs whether stand-alone or attached to a program in respiratory or electro-neuro-diagnostics.

AND

2. Hold certification in Basic Cardiac Life Support (BCLS) or Cardiopulmonary Resuscitation (CPR) that remains current at the time of testing. These programs must include hands on practical training evaluation segment. A copy of the current BCLS or CPR card must be included with the application or separately mailed if applying online.

NOTE: Applications are now approved for up to one year or until the date of expiration of the CPR/BCLS card, whichever comes sooner.

Beginning July 2008, any candidate qualifying for the examination process through one of the above experiential pathways must meet eligibility requirements by submitting proof of completion of the American Academy of Sleep Medicine's A-STEP self-learning modules, or an equivalent educational program, with their application to sit for the registry exam. This change does not apply to candidates who have completed a comprehensive training program accredited by the Commission on Accreditation of Allied Health Educational Programs (CAAHEP) under the CoA-



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PSG, or an add-on sleep technology program under the CoA-END or the CoA-RC.

Further information regarding the A-STEP program can be found at www.aasmnet.org/astep. More information on the BRPT's RPSGT™ Exam eligibility requirements can be found at www.brpt.org. More information on the American Society of Sleep professionals (AASST) can be found at www.aastweb.org.

More information on Priority Health Education, including ASTEP and other education programs, can be found on this site or by calling TOLL FREE 866-942-9442.