

What is fastest ways to be a credentialed sleep tech?

There are 3 pathways of eligibility for the CPSGT certificate offered by the BRPT and all require a high school diploma or equivalent GED as well as Basic Cardiac Life Support.

Pathway 1: Clinical Experience (Best option if already work as a sleep tech)

- Minimum of 3 months experience as a sleep trainee or sleep technician
- Completion of STAR-designated online “Self Study” program and a separate “Focused 2” training
 - First Sleep School is an approved “Self Study” STAR provider (SS008) and offers the online “Self Study for Sleep Technology” training option at www.firstsleepschool.com.
- Proof of completion of secondary education or equiv.

Pathway 2: CAAHEP/CoARC Student Graduate

Pathway 3: Focused Training

- Completion of STAR-designated combined “Focused” Training, OR... a combination of a STAR-designated online “Self Study” program and a separate “Focused 2” training
 - First Sleep School is an approved “Self Study” STAR provider (SS008) and offers the online “Self Study for Sleep Technology” training option at www.firstsleepschool.com.
 - First Sleep School is an approved “Focused 2” STAR provider (F2006) and offers 10 day / 80 Hour training option in the Dallas/Ft/ Worth area.
- Proof of completion of secondary education or equivalent.

Now that I am a CPSGT, how do I become a RPSGT?

RPSGT Pathway #4

1. Obtain 819 hours of clinical experience that includes on-site polysomnography duties performed as direct patient recording and/or scoring.
2. Complete a STAR designated Focused education program OR both a STAR designated Self-Study education program AND a STAR designated Focused 2 program within a 3 year period prior to taking the RPSGT exam.
 - a. Note: By taking First Sleep School's Polysomnography Education Program or equivalent program, you would have met this Focused 2 requirement and to take the CPSGT exam you had to have already completed the Self-Study program so this is already done.

*All you have to do is obtain 819 hours of clinical experience and you will be eligible for the RPSGT exam. If you have already worked a total of 9 months over the last three years as a sleep tech when you took the First Sleep School's Polysomnography Education Program, then you should become immediately eligible to take the RPSGT exam.