



POLYSOMNOGRAPHY EDUCATION PROGRAM

Why choose First Sleep School over other similar programs?

First Sleep School is an approved career school (S4200) by the Texas Workforce Commission, which means that our program curriculum as well as operating policies were reviewed and approved by the State of Texas. This gives our students the confidence that they can expect a great learning experience.

First Sleep School is an approved “Focused 2” STAR Provider (F2006) by the Board of Registered Polysomnographic Technologist, which credentials sleep professionals with the entry level CPSGT or advanced level RPSGT designations. This means that they have reviewed and approved our program curriculum, which should give our students confidence that they can expect a high level of training and preparation for the workforce.

First Sleep School's Polysomnography Education Program (PEP) is the only “80 Hour Program” in the Dallas/Ft. Worth Metroplex that is both an approved career school by the Texas Workforce Commission and an approved STAR Provider. As a matter of fact, there are no other comparable “A-STEP” programs or “Focused” or “Focused 2” STAR Providers anywhere in the Dallas/Ft. Worth area making First Sleep School the exclusive provider for this training in all of North Texas.

By completing First Sleep School's Polysomnography Education Program, it can eliminate the need for 3 months of clinical experience as a sleep technician to become eligible for the CPSGT exam through Pathway #3. Additionally, the same course can also eliminate 819 hours or half of the total required clinical experience to become eligible for the RPSGT through Pathway #4. In other words, taking this course is the equivalent of 9 months' worth of clinical experience and will cut your eligibility time for the RPSGT in half. One course gives you credit toward both the CPSGT and RPSGT credential.

Since our class sizes are always less than twenty, our students get the individual attention that they need during the course. We teach in a lecture style as well as a hands-on approach so that the student can maximize their understanding of sleep technology and skills needed in a competitive workforce.

Classes are held at the Corinth campus of North Central Texas College, which is conveniently located off Interstate 35 E. The campus is about a 5 minute drive south of Denton and about 15 minute drive north of Lewisville. The classroom provide a great environment for instruction and learning.

What are the admission requirements for taking the course?

You must be at least 17 years old, have obtained a high school diploma or equivalent GED and have a current CPR certification. Those under 17 may apply but must have the approval of a parent or guardian to enroll in the course.

Do you offer any financial assistance for your course?

As a small private training facility, not associated with a college or university, we are not eligible to receive standard federal educational loans. Although we prefer payment of tuition in full before the first day of class, we do work with our students to setup a payment plan that helps the student pay at least 50% down and pay the remaining balance over 3 months. Please contact the school Director for more information.

What are the requirements for graduation from your course?

The student must attend at least 90% of the course and pass the final exam. A score of 70% or better is required on the final exam. The student will be allowed two retest of the final. The student must complete all requirements within 12 months of starting the Polysomnography Education Program (PEP) course, if not completed within the original course schedule.

Will I be able to take CPSGT or RPSGT exam after taking your course?

Depends. There are several “pathways” to obtain eligibility to take the CPSGT and RPSGT exam through the BRPT or RST exam through the ABSM. For example, if you want to take the CPSGT exam and you have your high school diploma, a current CPR card and have already completed your approved self-study modules but have not earned the required 3 months of work or completed an approved Focused 2 program, such as the PEP from First Sleep School, then you would become eligible to take the CPSGT exam. Please refer to the credentialing body’s pathways to eligibility to see how this program can help you achieve your credentialing goals.

Where can I go to find employment as a new sleep tech?

Opportunities for employment at sleep disorder centers can be found by contacting local hospitals, area free-standing sleep disorder centers and through Durable Medical Equipment (DME) companies. Additionally, professional sleep websites like the BRPT, the AAST and the classified sections of your area newspaper can also be helpful. Websites like Career Builder and Monster are also great resources and companies often post job opening under the title “Polysomnographic Technologist” or “Sleep Technologist”. Attending regional and national sleep conferences may also be excellent places to look for employment.

What can I expect to earn as a sleep tech?

According to the Bureau of Labor Statistics, Occupational Employment Statistics Survey for the State of Texas 2012, Wages for “Health Technologists and Technicians, All Other”, which includes sleep technologists, the salary range for Texas was \$12.16/hour or \$25,500/year to \$31.60/hour or \$65,700/year. The median salary was \$19.44/hour or \$40,400/year. Of course, many factors make up the appropriate salary for any position such as the region you live in, the amount of formal training, past work experience, the possession of a national credential as well as the current demand for sleep technologists in your area.