

First Sleep School

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Corinth Campus
North Central Texas College



POLYSOMNOGRAPHY
EDUCATION PROGRAM

CHASE YOUR DREAMS.

Looking for a new career? Maybe even a career in the medical field? Do you consider yourself a night owl? If so, then consider becoming a Sleep Tech? A Polysomnographic Technologist, commonly referred to as a Sleep Tech, is a trained medical professional that performs the sleep study to help determine if someone has one of the many diagnosable sleep disorders, such as snoring, obstructive sleep apnea or even narcolepsy. The sleep study is typically a 6 to 8 hour digital recording that is usually done in a sleep center and may be located in a hospital, office building or even a hotel.

Most sleep studies are performed during the patient's usual sleep hours, which require Sleep Techs to work during the evening and night hours. The shift is usually 10-12 hours long and the work week is sometimes limited to three nights. Depending on the size of the sleep center, several techs may work together or may work alone for the entire night caring for one, two or even three patients each.

These work conditions require the ability to remain awake, alert and maintain good interpersonal skills throughout the night. Sleep Techs must also have the ability to

get proper sleep during the day as to avoid developing their own circadian rhythm sleep disorder. According to the Bureau of Labor Statistics, 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.

There are currently two organizations, the Board of Registered Polysomnographic Technologists (BRPT) and the American Board of Sleep Medicine (ABSM), that offer national credentials as a Sleep Technologist. The BRPT offers the entry level CPSGT and the advanced credential RPSGT. The ABSM offers the advanced credential of RST. The two universally accepted minimum standards to obtain any of these three national credentials are completion of secondary education, such as a high school diploma or equivalent GED and having a current CPR certification.

With these standards met, the next step is to meet the examination requirements outlined in one of the many "pathways" offered by the credentialing body. First Sleep School's *Polysomnography Education Program* (PEP) can help you meet those examination requirements as well as reduce the amount of time or work history needed to qualify. First Sleep School is an approved and regulated career school (\$4200) by the Texas Workforce Commission so the students can have confidence in a



positive learning experience. First Sleep School is also recognized by the BRPT as a Sleep Technology Approved Resource under their STAR Program so the student has confidence that the curriculum being taught is this introductory course is relevant and representative of employment as a Sleep Tech. As a Focused-2 STAR provider (F2006), the student completing the PEP from First Sleep School will know that their training will be recognized and can be applied toward their exam requirements.

Polysomnography Education Program is an 80 hour introductory course for those that either desire to enter the field of sleep technology or already have some experience but wish to take the course to help advance their career with a greater foundation of knowledge and shorten the time required to obtain a national credential. This "10 day" program offered in a weekday or weekend schedule and has both didactic "lecture" learning style as well as the practical "hands on" learning style as well as located on the Corinth campus of North Central Texas College. Those completing the course will

receive Certificate of Completion as well as the knowledge and skills needed to enter the competitive workforce as a Sleep Technologist.

You Can Do It

If you are interested in learning more about the *Polysomnography Education Program* and becoming a Sleep Tech, please contact us at 866-790-2813 option 3 or visit our website at firstsleepschool.com. We will be glad to discuss the cost of tuition and payment options.