



BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS

2025 YEAR IN REVIEW



PRESIDENT'S LETTER

As we reflect on 2025, one theme stands out clearly: the continued strength and evolution of the sleep health workforce.

Across the field of sleep medicine, credentialed professionals remain central to diagnosing sleep disorders, supporting treatment, and improving patient outcomes.

At BRPT, our mission is to ensure that this workforce is supported by rigorous certification standards, meaningful recertification requirements, and pathways for continued professional growth.

Throughout the past year, we saw encouraging engagement from sleep professionals committed to maintaining and advancing their expertise. From entry-level pathways into the profession to advanced and specialty credentials, the framework supporting sleep professionals continues to expand in ways that strengthen both the field and the care patients receive.

We also continue to see growing international interest in BRPT credentials—an important indicator that the need for well-trained sleep professionals extends well beyond national borders as awareness of sleep health continues to grow worldwide.

This report highlights the progress made across BRPT's credentialing programs during the past year, reflecting both the continued growth of the profession and the strong commitment of credential holders to maintaining high standards of competency and professionalism.

Behind every credential represented in these pages is a dedicated professional working to advance sleep health and improve lives. Their commitment to excellence remains the foundation of this profession and the work we do at BRPT.

As we look ahead, BRPT will continue to support sleep professionals at every stage of their careers while upholding the rigorous standards that protect the public and strengthen the field.

Steve Glinka, MPH, RPSGT

President



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BRPT MISSION STATEMENT

The mission of The Board of Registered Polysomnographic Technologists (BRPT) is to build upon its history as the global leader in sleep technologist credentialing and certification; to provide high quality sleep technology products and services that inspire professional excellence, recognition, and lifelong learning; and to create long-term value for credential and certificate holders.

BRPT VISION STATEMENT

The organization recognized around the world for the highest standards in sleep credentialing, certification and education.

RECOGNIZING THE COMMITMENT TO ADVANCING SLEEP HEALTH EXPERTISE



Since its launch in 2014, the CCSH credential has become a vital asset for advanced-level health professionals dedicated to improving patient outcomes in sleep health.

By the end of 2025, there were 1,186 CCSH credential holders, with 73 certified in 2025 alone. Last year, 163 CCSH credential holders completed the recertification process.



CCSH EXAMINATION PATHWAYS

There are three eligibility pathways for the CCSH exam:

1

Clinical Experience

For candidates with at least 1000 hours of experience in clinical sleep health AND a bachelor's degree or above

2

Healthcare Credential

For candidates with an approved healthcare credential or license AND an associate degree or above.

3

Active RPSGT Credential

For candidates who have recertified at least once and who have completed a CCSH STAR designated education program AND who've successfully passed the post-test.

Note: Complete details of documentation and requirements necessary for the different examination Pathways can be found at www.brpt.org.

UPHOLDING EXCELLENCE IN SLEEP TECHNOLOGY AND PATIENT CARE



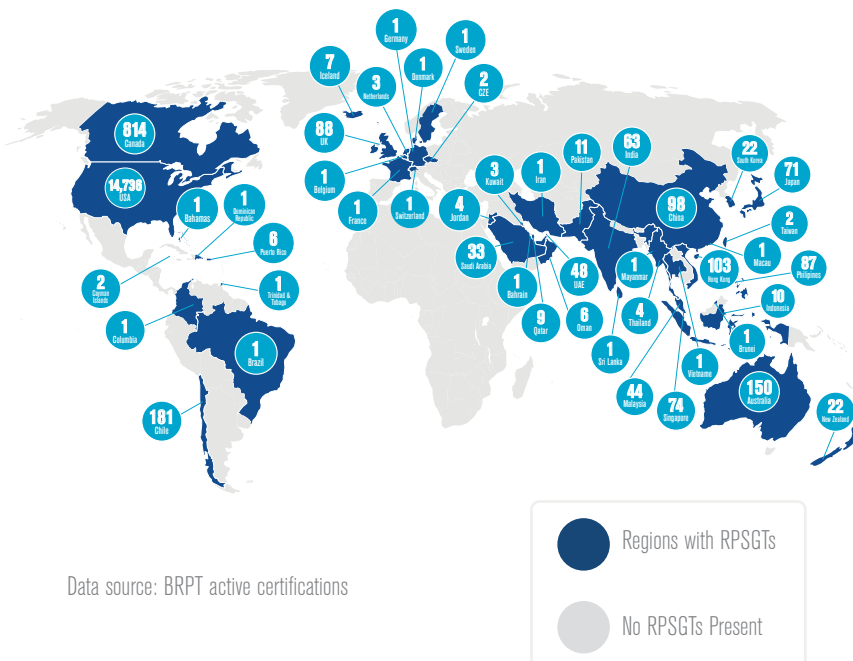
RPSGT EXAMINATION PATHWAYS

There are 5 eligibility pathways for the RPSGT exam:

For more than four decades, the RPSGT credential has been the gold standard in sleep technology, with thousands of professionals earning their certification since the exam's inception in 1979. As BRPT's largest pool of credential holders, RPSGTs play a critical role in the diagnosis and treatment of sleep disorders.

By the end of 2025, there were a total of 16,644 active RPSGT credential holders. In 2025, 470 candidates passed the RPSGT exam in the United States. And the total number of international RPSGTs who passed the RPSGT exam totaled 212.

DISTRIBUTION OF RPSGT CERTIFICATIONS WORLDWIDE



Data source: BRPT active certifications

1 Clinical Experience
For candidates with a minimum of 960 hours of experience in the field and who have also completed a STAR-designated Self-Study education program.

2 Healthcare Credential
For candidates with a minimum of 960 hours of experience and who have another healthcare credential.

3 CAAHEP/CoARC Student.
For graduates of a CAAHEP or CoARC-accredited polysomnography education program.

4 Focused Training.
For candidates with a minimum of 960 hours of experience in the field and who have also completed STAR-designated Focused education, or a combination of Self-Study and Focused 2 education.

5 International Option.
For international candidates with a minimum of 960 hours of experience in the field.

MAINTAINING A HIGH RECERTIFICATION RATE



Recertification is required every five years to maintain the RPSGT credential. It represents best practices, a commitment to continuing education, and keeping up to date on the latest developments in the field. Recertification may be achieved either by accumulating 50 approved continuing education credits during the last active 5-year credential window, or by retaking and passing the RPSGT exam. Certification holders with more than one BRPT credential can apply the same continuing education credits toward multiple recertifications if the continuing education content is applicable and occurs within the required time period for recertification.

In 2025, RPSGTs continued to demonstrate their commitment to continuing education and professional development with a high recertification rate of 83 percent. Over the course of 2025, 2,530 RPSGTs were required to recertify, with 2,098 completing the recertification process.

USING INTER SCORER RELIABILITY CREDITS FOR RECERTIFICATION

Effective January 1, 2025, BRPT implemented a change to the use of Inter-Scorer Reliability (ISR) continuing education credits for recertification.

Recertifying RPSGT and CCSH credential holders may now apply a maximum of 35 ISR credits toward the 50 continuing education credits required per recertification cycle.

This change ensures credential holders engage in a broader range of continuing education activities, reinforcing ongoing professional development and continued competency in an evolving field.



THE RPSGT EXAM: NCCA ACCREDITED

The National Commission For Certifying Agencies (NCCA) was created in 1987 by the Institute for Credentialing Excellence (ICE) – formerly the National Organization for Competency Assurance (NOCA) – to help ensure the health, welfare, and safety of the public through the accreditation of a variety of certification programs/organizations that assess professional competence. NCCA accredits over 200 of the leading credentialing examinations in the United States, including exams in many of the nursing and other allied health disciplines.

In the professional credentialing industry, NCCA accreditation represents compliance with best credentialing industry practices. Every five years, the BRPT must apply to have the RPSGT credential reaccredited. In 2022, the RPSGT credential received its accreditation for five more years.

BUILDING A STRONG FOUNDATION FOR FUTURE SLEEP HEALTH PROFESSIONALS



For individuals entering the field of sleep technology, the Certified Polysomnographic Technician (CPSGT) credential continues to serve as a key entry point into the profession. As an introductory certification, the CPSGT provides foundational knowledge and early clinical experience that supports progression toward the RPSGT credential.

In 2025, 152 individuals earned the CPSGT certificate, bringing the total number of active CPSGT certificate holders to 265.

CPSGT EXAMINATION PATHWAYS

There are three eligibility pathways for the CPSGT exam:

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.

2

CAAHEP/CoARC Student

For students within 2 months of graduation from, or graduates of, a CAAHEP or CoARC-accredited polysomnography technology education program.

3

Focused Training

For candidates who have completed STAR-designated Focused education, or a combination of Self-Study and Focused 2 education.

ADVANCING SPECIALIZED EXPERTISE IN PEDIATRIC SLEEP HEALTH



As clinical awareness of pediatric sleep disorders continues to grow, so does the need for specialized expertise. BRPT's Pediatric Sleep Certificate recognizes professionals who have demonstrated advanced knowledge in pediatric sleep health and are equipped to support the unique needs of younger patients.

In 2025, 105 professionals earned the Pediatric Sleep Certificate, bringing the total number of certificate holders to 349.

The certificate is issued as a digital badge—a modern format that allows professionals to easily share and verify their achievement online. With a single click, the badge provides verification of the certificate and highlights the competencies required to earn it.

THE BRPT SCHOLARSHIP PROGRAMS

Supporting the development of the next generation of sleep professionals remains an important priority for BRPT.

Through its scholarship initiatives, BRPT helps expand access to education and training opportunities for individuals entering the field as well as for students pursuing careers in sleep technology.

THE JOMO MARTIN NKUNIKA MEMORIAL SCHOLARSHIP

is awarded to a promising student of polysomnography. The scholarship honors Jomo Martin Nkunika, MSHCA, BS, CCSH, RPSGT, a former member of the BRPT Board of Directors and a passionate advocate for sleep education. Jomo served as program director and adjunct professor of the Sleep Medicine Technology program at Montgomery College in Maryland and was a clinical manager with MedBridge Health at the Frederick Memorial Hospital Advanced Center for Sleep Studies.



BRPT congratulates the 2025 recipient, **Rayven Holliday**, a student in the Polysomnographic Technology program at the Community College of Baltimore County (CCBC).

THE BRPT A-STEP/STAR EDUCATIONAL GRANT PROGRAM

supports individuals interested in pursuing a career in sleep technology and those currently working as sleep technicians who are preparing to earn the RPSGT credential.

In 2025, **Beatrice Blanch**, a sleep physiologist at Auckland City Hospital in Auckland, New Zealand, was selected from more than 40 applicants. Candidates represented 20 U.S. states and several countries worldwide, including New Zealand, Saudi Arabia, the Philippines, Qatar, Egypt, India, and Canada.



Applications for BRPT scholarships are reviewed by the BRPT Scholarship Committee using a structured evaluation rubric designed to identify candidates who demonstrate strong potential and commitment to the field of sleep technology.

STAR PROGRAM SUPPORTS EDUCATION FOR EXPERIENTIAL PATHWAYS FOR BRPT EXAMS



The BRPT’s Sleep Technology Approved Resource (STAR) Program has 42 educational programs receiving the STAR–designation. The STAR program is not an accrediting body for educational programs; it is a means for BRPT to approve education for experiential pathways for the BRPT examinations. The STAR program does not apply to CAAHEP or CoARC-accredited education programs, which undergo rigorous evaluation and review by their accrediting bodies. BRPT strongly supports and encourages accreditation of educational programs by CAAHEP and CoARC. However, because there are multiple entries into the field and limited access to formal PSG programs currently, BRPT uses the STAR program as a means to designate approval of alternative education for exam eligibility for experiential pathways.

STAR-DESIGNATED PROGRAMS FALL INTO ONE OR MORE OF THE FOLLOWING EDUCATION CATEGORIES:

Self Study

13 Programs

CCSH Self-Study

5 Programs

Focused

11 Programs

Focused 2

13 Programs

One of which is CPSGT specific

To learn more about the STAR Program and to view a list of all STAR-designated programs, [click here](#).

THE CONTINUING SLEEP TECHNOLOGY EDUCATION PROGRAM CONTINUES TO GROW



Launched in 2011, the CSTE program establishes BRPT as a continuing education credit granting organization. The program is designed to specifically meet the professional needs of clinical sleep health specialists. In 2025, 363 programs were approved for CSTE credits for a total of 832 CSTEs.

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These programs are offered by state sleep societies, online educational providers, and lab management companies, among others. They included webinars, in-service programs, computer-based learning modules and approximately 10 state sleep societies applied for CSTEs from April-November to hold their annual conferences virtually.

CURRENT BRPT COMMITTEES

Application Review Committee

Brittany Schaefer, RPSGT, Chair

CSTE Committee

Qiyang Li, MPH, MBA, RPSGT, CCSH

Education Committee

Su Jeong Linstrom, RPSGT, RST, Chair

Examination Development Committee

Kenan Hoelke, BS, RPSGT, CCSH, Chair

International Committee

Amber Allen, MBA, RPSGT, RST, CCSH, Chair

Professional Review Committee

Deborah Kovacs, BS, RPSGT, Chair

Public Affairs & Marketing Committee

Jill West, BA, RPSGT, CCSH, Chair

Scholarship Committee

Kayla Sidorski, MBA, RPSGT, Chair

Volunteer Committee

Chris Hamm, Esq., Chair

2026 BRPT BOARD OF DIRECTORS



Steve Glinka, MPH, RPSGT

President



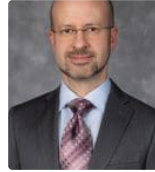
Courtney Hinrichs, MPH, RPSGT, CCSH

Director



Amber Allen, MBA, RPSGT, RST, CCSH

Immediate Past President



Christopher Hope, MD, MHA, FAASM

Director



Su Jeong Linstrom, RPSGT, RST

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Kayla Sidorski, MBA, RPSGT

Director



Eduardo Hernandez, BS, RPSGT, CCSH

Director



Jill West, BA, RPSGT, CCSH

Director

To read Board Member biographies, visit www.brpt.org.

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CURRENT STAFF:

Jim Magruder, Chief Executive Officer

Ashley Shelton, Credentialing Director

Cherise Lee, Credentialing Manager

Maritza Saravia, Program Administrator

Sue Williams, Credentialing Coordinator

Lydia Pelliccia, Communications Director



For more detailed information on BRPT programs and services,
please visit www.brpt.org.

PAST BRPT LEADERSHIP

APT CHAIRS (TERMS BEGAN AND ENDED IN JUNE)

1978 – 1981	Moshe Reitman, RPSGT	1991 – 1993	Greg Landholdt, RPSGT
1981 – 1983	Cynthia Mattice, RPSGT	1993 – 1995	Gary Hansen, RPSGT
1983 – 1985	David Franklin, RPSGT	1995 – 1997	Daniel Herold, RPSGT
1985 – 1987	Robin Foster, RPSGT	1997 – 1999	Bonnie Robertson, RPSGT, CRT
1987 – 1991	Andrea Patterson, RPSGT	1999 – 2000	Cameron Harris, RPSGT

BRPT PRESIDENTS

2000 – 2001	Cameron Harris, RPSGT
2002 – 2003	Marietta Bellamy Bibbs, RPSGT, CCSH
2004 – 2005	Mark DiPhillipo, RPSGT
2006 – 2007	Bonnie Robertson, RPSGT, CRT
2008 – 2009	Becky Appenzeller, RPSGT, R. EEG T., CNIM, CCSH
2010 – 2011	Janice East, RPSGT, R. EEG T., CCSH
2012 – 2013	Cindy Altman, RPSGT, R. EEG/EP T., CCSH
2014 – 2015	Theresa Krupski, BS, RPSGT, RRT
2016 – 2017	Daniel D. Lane, RPSGT, CCSH, BS
2018 – 2019	Jessica Schmidt, MA, FACHE, RPSGT, CCSH
2020 – 2021	Steve Marquis, MBA, RPSGT, CCSH
2022 – 2023	Andrea Ramberg, MS, CCSH, RPSGT
2024 – 2025	Amber Allen, MBA, RPSGT, RST, CCSH

CURRENT PRESIDENT:

Steve Glinka, MPH, RPSGT