



First Sleep School

CPSGT Exam Eligibility

Pathway Decision Chart

Created by First Sleep School

Start here!

I want to become a CPSGT. Which Pathway is best for me?

Universal Requirements

Things everyone who wants to be a CPSGT will need prior to taking the exam.

- High School Diploma or GED Equivalent
- An active CPR and/or BLS card

Do you want and/or have the time to complete a 1-2 year program to earn a Certificate or Associates Degree in Polysomnography?

Yes

We recommend looking into:
Pathway #2
"The CAAHEP or CoARC Pathway"

This pathway is best designed for individuals who have graduated, or will graduate in the next 2 months, from a CAAHEP or CoARC-accredited Polysomnography Technology education program.

Learn more at:
www.brpt.org/cpsgt/eligibility

No

Do you already have experience recording and/or scoring sleep studies OR have a connection at a local sleep center to start getting experience?

Yes

We recommend looking into:
Pathway #1
"The Experience Pathway"

This pathway is best designed for individuals that have completed an online Self-Study course AND have previous or future clinical experience in a sleep center.

Learn more at:
www.brpt.org/cpsgt/eligibility

No

Do you want and/or have the time to complete a 10-day introductory "crash course" AND complete a 26-hour self-paced online Self-Study course?

Yes

We recommend looking into:
Pathway #3
"The Focused Training Pathway"

This pathway is best designed for individuals who have or are going to complete EITHER a STAR-Designated "Focused" education program, OR a combination of Self-Study and "Focused 2" programs.

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No

Unfortunately these are the only 3 pathways that the BRPT currently offers for people to become CPSGT's. If none of these pathways work for you, this might not be the right career choice for you at the moment.