

Choose a Career in Sleep Technology



Introduction

Sleep disorders are conditions that disturb our normal sleep patterns. Population studies show that sleep deprivation and more than 80 defined sleep disorders are affecting more people today worldwide. Healthy sleep is essential to proper brain function as we spend over one third of our lives sleeping.

New advancements in sleep medicine and technologies have created a growing public awareness of the importance of good sleep and the increasing need for sleep technologists.



A Career in Sleep Technology

Sleep medicine is one of the few fields where patients can show a vast improvement in a short time; this is one of the most enjoyable and rewarding aspects of working as a technologist.

If you have a passion for healthcare and improving patient quality of life and/or outcomes, you should be thinking about a career in sleep medicine which directly involves patient care in a field of new and cutting edge procedures. If this sounds like you, a career as a sleep technologist may be the right path!



Becoming a Sleep Technologist

To become a sleep technologist, you can look for a program from the Commission on Accreditation of Allied Health Education (CAAHEP) or find one of the available specialized sleep technology programs in your local area to begin your Registered Polysomnographic Technologist (RPSGT) education path.

Once you have embarked on your journey and are ready to enter the workforce, you will be eligible to sit for a sleep technology credentialing exam from the Board of Registered Polysomnographic Technologists (BRPT). Professional certification validates your knowledge, skills, and abilities. Certified professionals in the workforce reduce risk and enhance consumer protection and public safety.



Are Sleep Technologists in Demand?

According to the National Heart, Lung and Blood Institute, 50 to 70 million Americans have a sleep disorder. The average annual pay reported in 2022 for a sleep technologist job in the United States is just over \$50,000 a year.

As the sleep industry continues to grow and expand, there are fascinating new technologies and advancements increasing the demand for technologists, particularly as the field expands into patient care and patient education.



A Variety of Shifts and Job Opportunities

While most people associate sleep technologists with working at night while patients sleep, there are actually many positions available to technologists on a variety of shifts. There is a growing need for sleep test scoring, patient education, and sleep navigator and coaching roles to meet patient care needs in the sleep clinic. This creates a demand for sleep technologists to adapt to a variety of working hours throughout the day –in addition to night shift technologists.



Learn More with AAST

AAST is the premier allied health membership association for sleep technology professionals; we are dedicated to improving the quality of sleep and wakefulness in all people. AAST will continue to guide you through your sleep technology career by providing updates through our membership resources and tools including blogs, technical guidelines and continued education products to build on your educational foundation and future aspirations.

IMPORTANT LINKS

Commission on Accreditation of Allied Health Education (CAAHEP) Information

www.caahep.org/Students/Find-a-program

Board of Registered Polysomnographic Technologists (BRPT)

Eligibility Exam Information : www.brpt.org/rpsgt/eligibility