



PROFESSIONAL ORGANIZATIONS AND CREDENTIALING AGENCIES

PROFESSIONAL ORGANIZATIONS

- Provide a framework for the profession and offer resources and continuing education opportunities
- Can be at the national or state level
- Each provide a specific function and cater to a specific audience



PROFESSIONAL ORGANIZATIONS

- National Professional Organizations for Sleep:
 - American Academy of Sleep Medicine (AASM)
 - Board of Registered Polysomnographic Technologists (BRPT)
 - American Academy of Sleep Technologists (AAST)
 - American Board of Sleep Medicine (ABSM)
 - Sleep Research Society (SRS)
 - National Sleep Foundation (NSF)
 - American Sleep Association (ASA)
 - American Sleep Apnea Association (ASAA)
 - American Academy of Dental Sleep Medicine (AADSM)
 - Restless Legs Syndrome Foundation
 - Narcolepsy Network





AMERICAN ACADEMY OF SLEEP MEDICINE

Setting Standards & Promoting Excellence in Sleep Medicine

- Descended from the 1964 Association for the Psychophysiological Study of Sleep, 1975 Association of Sleep Disorders Centers, and 1987 American Sleep Disorders Association
- Headquartered in Darien, IL
- Leading voice in sleep medicine
- Sets standards and promotes excellence in healthcare, education and research
- Over 10,000 physicians and 1,500 sleep centers are members of AASM
- Oversees accreditation of sleep labs, DME companies and Out of Center Testing





AMERICAN ACADEMY OF SLEEP MEDICINE

Setting Standards & Promoting Excellence in Sleep Medicine

- Mainly a physician-driven organization as only physicians have voting rights
- Instrumental in providing guide books for the field—AASM Scoring Manual, International Classification of Sleep Disorders
- Established the A-STEP program for on-the-job trainees to take their boards
- Participates in legislature regarding sleep medicine and its practices
- Provides continuing education opportunities





BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS

- Independent, non-profit certification board
- Established in 1978 to benefit the developing field of polysomnography and to set credentialing standards for sleep techs
- Maintains and administers the RPSGT, CPSGT, and CCSH exams
- Established the BRPT Standards of Conduct for credentialed techs
- Governed by a 12 member Board of Directors composed of experts in the field and one public member representing interests of the consumer/patient community





BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS

- International in scope
- Has grown from 8 techs certified by the first RPSGT administration in 1979 to over 24,000 registered techs today
- First exam administered at New York State University Sleep Disorders Laboratory in Stony Brook
- March 2010 launched the CPSGT certificate-level exam
 - Valid for 3 years
 - Carries a CEC requirement
 - Step to taking RPSGT
- Member of Institute for Credentialing Excellence
- RPSGT exam accredited by National Commission for Certifying Agencies (NCCA)
- 2014 launched the CCSH Exam (higher level credential)





American Association of Sleep Technologists

- Established in 1978 as the Association of Polysomnographic Technologists (APT)
- APT became the AAST on January 1, 2007
- Was incorporated in Minnesota in 1986
- Peter McGregor, RPSGT, was first president
- Primary Goals:
 - Build professional identity for polysom techs
 - Develop standards, education and training for polysomnography
 - Provide means of communication and forum for polysom techs





American Association of Sleep Technologists

- BRPT was a committee of the APT until 2000
- Provides CEC opportunities for techs
- Started with 20 members and today has over 4,800 members
- 2017 split from AASM and is under its own management





AMERICAN BOARD OF SLEEP MEDICINE
2510 NORTH FRONTAGE ROAD, DARIEN, IL 60561 TELEPHONE (630) 737-9700 FAX: (630) 737-9790

- Independent, nonprofit organization
- Administers certifications for:
 - Sleep medicine physicians
 - Sleep technologists
- 10 member Executive Board consists of sleep medicine physicians in:
 - Education
 - Research and clinical practice
 - Behavioral sleep medicine specialists in research and clinical practice
 - Sleep technologists active in the profession





AMERICAN BOARD OF SLEEP MEDICINE
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- Executive Board strives to:
 - Improve training
 - Establish requirements for certification
 - Set standards for exams
- Offers two different exams:
 - Sleep Medicine Specialty Certification
 - Sleep Technologist Registry (RST Exam)





Sleep Research Society

Advancing Science, Education, and Health in Sleep

- Founded in 1961 by a small group of sleep researchers
- First spokesperson for the group was Joe Kamiya, appointed in late 1962
- Distinguished scientists who were members include Charles Fisher, Roger Broughton, Elliot Weitzman, and Al Rechtschaffen
- Advancements include:
 - Discovery of sleep architecture
 - Understanding of REM sleep and its relationship to the mind and dreaming
 - Development of new clinical approaches to sleep disorders





Sleep Research Society

Advancing Science, Education, and Health in Sleep

- Annual publication, *Sleep Research*, founded by Michael Chase in 1972
- Group officially adopted the name Sleep Research Society in 1980s
- Researchers from the organization share research abstracts at annual SLEEP conference
- Now consists of more than 1,100 researchers from multiple disciplines including psychology, pharmacology, neuroanatomy and beyond





- Established in 1990
- Charitable, educational, and scientific nonprofit organization dedicated to improving sleep health and safety through education, public awareness, and advocacy
- Relies on voluntary contributions including grants from foundations, corporations, government agencies and other organizations to support their programs



- Goals are to ensure that:
 - Americans are aware that their sleep is an important component of their health and safety, and that they make obtaining sufficient sleep a priority.
 - Americans recognize the signs and symptoms of sleep disorders and seek effective treatment for them.
 - Public and private institutions operate in a manner consistent with providing optimal sleep for human health and performance.
 - The incidence of drowsy driving is reduced so that it is rare and an exception.
 - New sleep-related discoveries are made that optimize public health and detection and treatment of sleep disorders.





American Sleep Association

- Formed in 2002 by physicians and scientists who recognized that there was an increasing need for the education of health care professionals and the general public in regards to sleep health and sleep disorders
- Member-driven public service project that depends on volunteer efforts
- Provides an interactive forum and comprehensive database of information for the general public, physicians and scientists, allied healthcare professionals, and sleep technologists





American Sleep Apnea Association

- Founded in 1990
- Nonprofit organization that promotes awareness of sleep apnea, works for continuing improvements in treatments for the disease, and advocates for the interests of sleep apnea patients
- Mission Statement:
 - The ASAA is dedicated to reducing injury, disability, and death from sleep apnea and to enhancing the well-being of those affected by this common disorder. The ASAA promotes education and awareness, the ASAA A.W.A.K.E. Network of voluntary mutual support groups, research, and continuous improvement of care.

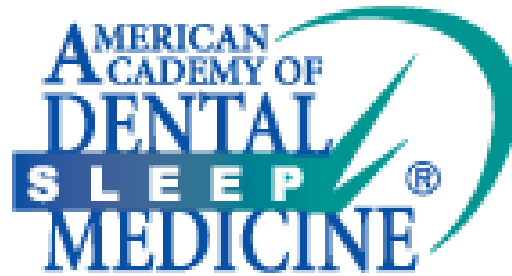




American Sleep Apnea Association

- Board includes both health care professionals and patients and patient advocates
- Patient-driven organization – chairperson of the board must be a patient or patient advocate
- ASAA president is a physician who serves as well as the organization's chief medical officer





- Started in 1991 as the Sleep Disorders Dental Society (SDDS)
- Became the Academy of Dental Sleep Medicine (ADSM) in 2000
- Came under the management of the AASM in 2002
- Board certification in dental sleep medicine comes from the American Board of Dental Sleep Medicine (ABDSM) starting in 2004
- ADSM became the AADSM in 2006
- Has a membership of over 2,800





- Promotes research on the use of oral appliances and dental surgery for the treatment of sleep disordered breathing and provides training and resources for those who work directly with patients
- Primary professional resource for dentistry's involvement in research, assessment and management of sleep disordered breathing
- Educates practitioner dentists through clinical meetings that keep leading-edge ideas accessible and establishes and maintains appropriate treatment protocol





- Nonprofit organization providing the latest information about Restless Legs Syndrome
- Incorporated since 1992
- Goals of the Foundation are to increase awareness, improve treatments, and through research, find a cure for RLS





- Nonprofit national patient support organization founded in 1986
- Goals:
 - Educate and inform individuals with narcolepsy about the condition, available treatments and symptom management
 - Provide emotional support and resources to patients, family members, and friends
 - Encourage and assist in the formation of local support groups and other support systems
 - Serve as a resource center for patients, medical and providers, educators, employers, and members of the public
 - Advocate for the interests of all persons with narcolepsy
 - Promote early diagnosis, optimal treatment and scientific research
 - Increase public awareness of narcolepsy

