Version 1

First Sleep School

CPSGT Exam Eligibility

Pathway Decision Chart

*Created by **First Sleep School***

Start here!

How do I become eligible to take the CPSGT Exam?

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

Notice - Starting Jan 1, 2026: CPR/BLS must include hands-on skills practice; online-only no longer accepted (e.g. hands-on mannequin practice via blended learning programs like AHA's RQI). Read BRPT's full update

Choose **ONE** of the following pathways that best suits your situation

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.

Have you completed a Self-Study course within the last 3 years?

LOVE IT.

This step can be completed before, during or after you work to earn at least 416 hours of on the job training.

- No → Complete this step to proceed to the following steps.
- Yes → Have you earned at least 416 cumulative hours or more of clinical experience working in a sleep center that includes direct patient scoring and/or recording in the last 3 years?
  - No → Complete this step to proceed to the following steps.
  - Yes → Congrats! You are eligible to take the CPSGT Exam.

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.

Have you graduated?

- Yes → Congrats! You are eligible to take the CPSGT Exam.
- No → Will you be graduated within the next 2 months?
  - Yes → Congrats! You are eligible to take the CPSGT Exam.
  - No → Continue working on your course work until you meet one of the requirements listed above.

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.

It's important to note that there are 3 different STAR-Designations that are accredited by the BRPT. These are "Focused", "Focused 2", and "Self-Study" providers.

- "Focused" providers combine the Self-Study and 10-Day Course into a single enrollment, exclusively available without the option to mix and match with other providers.
- "Focused 2" providers exclusively offer the 10-Day Course.
- "Self-Study" providers solely provide the Self-Study online course.

First Sleep School is a "Focused 2" provider as well as a "Self-Study" provider. So individuals in this pathway can enroll into our Self-Study course, or our 10-Day Course, or both in order to gain eligibility for the CPSGT Exam.

Complete **ONE** of the following pathways

- Have you completed a "Focused" education program within the last 3 years?
  - Yes → Congrats! You are eligible to take the CPSGT Exam.
  - No → Continue working on your course work until you meet one of the requirements listed above.
- Have you completed a "Focused 2" 10-Day Course AND a "Self-Study" education program within the last 3 years from either the same or different STAR-Designated education providers?
  - Yes → Congrats! You are eligible to take the CPSGT Exam.
  - No → Continue working on your course work until you meet one of the requirements listed above.

Congrats! You are eligible to take the CPSGT Exam.

Nice!

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Viewers are responsible for verifying the accuracy to these pathways via the BRPT website. Rules may change without notice.