

NATIONAL INSTITUTE FOR HEALTH TECHNOLOGY

SCHOOL CATALOG

2026 EDITION

Sleep Technology Essentials
Focused Certificate Program | Self-Study SS016

Publication date: October 9, 2026

Program information, admissions requirements, tuition, academic policies, and student resources.

myniht.com | admissions@myniht.com | 833-696-4481

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The enrollment agreement records student-specific dates and charges. This catalog describes institutional and academic policies. Read both before signing or paying tuition.

Catalog Notice and Institutional Status

This catalog describes NIHT programs, institutional policies, charges, and student resources. Students should review this catalog and their enrollment terms before signing an agreement or paying tuition.

Authorization and accreditation

NIHT is preparing materials for review under the Georgia Nonpublic Postsecondary Education Commission (GNPEC) authorization framework. This catalog does not represent that GNPEC authorization has been granted. GNPEC authorization and institutional accreditation are different.

NIHT is not institutionally accredited by an accrediting agency recognized by the U.S. Department of Education and does not participate in federal Title IV student-aid programs. BRPT STAR recognition is a program-resource designation; it is not institutional accreditation, state authorization, a professional license, or a guarantee of examination eligibility.

Catalog availability and changes

The current catalog is available on myniht.com and from admissions@myniht.com. NIHT may make reasonable changes required by law, regulatory direction, safety, technology, staffing, or educational practice. Material changes will be communicated to affected students in writing.

Catalog information	Details
Edition	2026 Website Edition
Publication date	October 9, 2026
Version	1.2
Contact	admissions@myniht.com 833-696-4481

1. Institutional Profile

Institutional identity

Field	Information
Legal/operating name	National Institute for Health Technology, LLC (NIHT)
Institutional website	https://myniht.com
Admissions email	admissions@myniht.com
Telephone	833-696-4481 (833-MY-NIHT-1)
Instructional/administrative location	4 Bradley Park Court, Suite 1C, Columbus, Georgia
Program credential	Certificate of Completion

Mission statement

The mission of the National Institute for Health Technology is to prepare ethical, safety-conscious, entry-level sleep technology professionals through structured education, practical skill development, supervised clinical exposure, and student-centered support. NIHT seeks to expand access to the sleep medicine workforce while promoting patient dignity, technical competence, lifelong learning, and responsible professional conduct.

Educational objectives

- Deliver current, organized instruction aligned with the stated program outcomes.
- Provide opportunities to connect theory with supervised clinical practice.
- Evaluate student learning through quizzes, examinations, skills activities, clinical documentation, and a final assessment.
- Prepare graduates to pursue entry-level employment and applicable national credentialing pathways without promising employment, licensure, or examination eligibility.
- Maintain transparent admissions, academic, financial, complaint, and consumer-information practices.

Ownership and governance

NIHT is operated as a private career-training institution. Institutional leadership is responsible for business operations, academic quality, student services, financial administration, records, compliance, and continuous improvement. NIHT does not offer institutional housing.

2. Governance, Administration, and Faculty

Name and role	Qualifications and responsibilities
Heidi Ward, MBA Administrator / Executive Director	Institutional administration, admissions oversight, operations, records, student services, compliance coordination, and catalog administration.
Patricia Copeland, RPSGT, RST, CCSH Program Director and Lead Instructor	Registered Polysomnographic Technologist; Registered Sleep Technologist; Certified Clinical Sleep Health; licensed polysomnographic technologist in Tennessee. Academic delivery, curriculum, faculty oversight, assessment, and student progress.
Anil K. Puri, MD, FCCP Medical Director / Subject-Matter Advisor	Board certified in Internal Medicine, Pulmonary Disease, Critical Care Medicine, and Sleep Medicine; Fellow of the American College of Chest Physicians; Georgia medical license #60232. Clinical and medical subject-matter guidance.
Jeffrey S. Ward Finance Director / Institutional Leadership	U.S. Marine Corps veteran, former paramedic, Registered Respiratory Therapist, and founder of National Sleep Solutions. Financial oversight and operational support.

Personnel qualifications

NIHT selects faculty and staff whose education, credentials, teaching experience, work experience, or demonstrated competencies are appropriate to their assigned responsibilities. Current licenses and certifications are maintained when required for the role. Personnel files include evidence of qualifications, employment, orientation, and policy acknowledgment as applicable.

Non-discrimination and equal opportunity

NIHT does not discriminate in admissions, instruction, or student services on the basis of race, color, national origin, sex, pregnancy, religion, age, disability, veteran status, or any other status protected by applicable law. Reasonable accommodations are considered through an interactive process and do not eliminate essential academic, safety, technical, or clinical requirements.

3. Facilities, Equipment, and Learning Resources

Instructional model

The program uses a hybrid delivery model consisting of synchronous online instruction, guided online learning, practical preparation, and supervised clinical experience. Online instruction requires a reliable internet connection, a computer or tablet capable of accessing the learning platform and videoconference sessions, audio capability, and a current web browser.

Physical facilities

Administrative support and selected practical or clinical activities are coordinated from the Columbus, Georgia location identified in this catalog. Clinical training may also occur at approved sleep laboratories. Each clinical site controls access, scheduling, patient-safety requirements, onboarding, and the activities a student may observe or perform under supervision.

Equipment and instructional materials

- Learning management and videoconference platforms for instruction, recordings, assessments, and communications.
- Sleep technology training materials, demonstration supplies, and a student kit as specified for the cohort.
- Polysomnography equipment, sensors, positive airway pressure equipment, monitoring systems, and related supplies available at approved clinical sites.
- Current instructional references, NIHT course materials, and applicable professional standards.
- Technical support and reasonable assistance accessing course materials.

Learning resource system

Students receive access to course modules, recorded or live instruction, assigned readings, instructor guidance, assessment materials, clinical-practice resources, and selected professional references. Required textbooks, if any, are identified before enrollment and listed as included or separately purchased in the enrollment agreement.

Safety and accessibility

Students must comply with all institutional and clinical-site safety, infection-control, privacy, emergency, and accessibility requirements. A student may be removed from an activity when conduct or performance creates a risk to the student, patients, staff, or the public.

4. Academic Calendar and Hours of Operation

Administrative hours

General administrative support is available Monday through Friday, 9:00 a.m. to 5:00 p.m. Eastern Time, excluding published holidays and closures. Meetings may be scheduled by appointment. Response times may be longer outside business hours.

Instructional schedule

NIHT offers cohort-based instruction. The enrollment agreement identifies each student's start date, anticipated completion date, synchronous class schedule, and clinical requirements. Recorded content or make-up activities may be provided when academically appropriate, but recordings do not automatically replace participation requirements.

Academic calendar

Calendar item	Institutional practice
Cohort starts	Published by NIHT and confirmed in the enrollment agreement
Instructional sessions	Scheduled cohort days and times; generally evenings Eastern Time
Clinical scheduling	Arranged separately with NIHT or an approved host sleep laboratory
Observed closures	New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day; additional closures announced in writing
Weather/emergency closures	Students are notified by email, learning platform, text, or other established channel

Program completion window

The published program consists of 80.5 contact hours. A student's calendar time to completion may extend beyond the classroom sequence because of approved make-up work, clinical scheduling, leave, remediation, or other documented circumstances. Unless NIHT approves an extension in writing, students are expected to complete all requirements within six months of the cohort start date.

5. Admissions and Enrollment

Admission requirements

- Completed NIHT application.
- Government-issued photo identification.
- High school diploma, GED, acceptable transcript, or evidence of higher education.
- Current resume or work-history summary.
- Admissions essay or statement of interest when requested.
- Signed enrollment agreement and required disclosures.
- Ability to participate in English-language instruction and meet program technology

requirements.

- CPR certification before clinical placement when required by NIHT or the clinical site.

Previous healthcare experience is not required. Admission is not complete until NIHT reviews the file, confirms acceptance, and receives the signed enrollment agreement.

Orientation

Students receive orientation covering program expectations, academic policies, attendance, technology, communication channels, clinical requirements, student services, financial obligations, complaint procedures, and the roles of institutional personnel. Orientation materials may be live, recorded, written, or delivered through the learning platform.

Transfer credit and prior learning

NIHT does not currently award transfer credit, advanced standing, or credit by examination toward the Sleep Technology Essentials program. All enrolled students must complete the full approved curriculum and clinical requirements. NIHT makes no representation that its coursework or certificate will transfer to another institution. Acceptance of NIHT work by another institution is solely the decision of the receiving institution.

Readmission

A former student may request readmission in writing. NIHT considers the reason for separation, academic standing, conduct, unpaid obligations, program changes, space, and the student's plan for successful completion. Readmission is not guaranteed. NIHT may require a new enrollment agreement, updated documents, remediation, repeat coursework, or payment arrangements consistent with current policy.

International and state-specific considerations

Students are responsible for confirming any immigration, employment, professional licensing, certification, or state-specific education requirements that apply where they intend to work. NIHT does not provide immigration sponsorship or legal advice.

6. Program of Study

Sleep Technology Essentials - 80.5-Hour Certificate Program

Program element	Description
Credential awarded	NIHT Certificate of Completion
Total contact hours	80.5 hours
Didactic instruction	56.25 hours - synchronous, instructor-led online education
Practical/simulation/clinical	21.25 hours, including 20 supervised clinical hours
Final examination	3.0 hours - comprehensive/proctored or identity- verified assessment
Delivery	Hybrid
Minimum final-exam score	75%
Normal completion window	Cohort schedule plus clinical placement; all requirements normally completed within six months

Program description

The Sleep Technology Essentials program prepares students for supervised, entry-level opportunities in sleep medicine. It develops foundational knowledge and practical awareness in patient preparation, polysomnographic procedures, physiological monitoring, sleep staging, respiratory-event recognition, positive airway pressure therapy, documentation, privacy, safety, and professional conduct.

Learning outcomes

- Explain sleep physiology, architecture, circadian rhythms, and common sleep disorders.
- Apply foundational patient-care, privacy, infection-control, and safety principles.
- Describe and demonstrate the International 10-20 System and basic sensor placement under supervision.
- Recognize major physiological signals, artifacts, and basic troubleshooting needs.
- Explain foundational sleep staging and respiratory-event scoring principles.
- Describe positive airway pressure modalities, interfaces, leak management, and introductory titration principles.
- Complete basic sleep-study documentation and communicate professionally within a sleep-laboratory team.
- Recognize limitations of the student role and perform only under authorized supervision.

Occupational objective

The program is intended to support pursuit of entry-level roles such as sleep technician trainee, polysomnography trainee, sleep laboratory assistant, or related support positions, subject to employer requirements and applicable law. Completion does not guarantee employment, a particular salary, professional credentialing, state licensure, or eligibility for any examination.

6A. Essentials of Sleep Technology Self-Study Program

BRPT STAR Self-Study designation: SS016

An online, self-paced educational option for students seeking foundational sleep technology learning with a flexible schedule. This is a separate offering from the Focused certificate program.

Program feature	Published information
Format	Online, self-paced modules and final examination
Base tuition	\$597
Base installment option	Three payments of \$199; total \$597
Complete Learning Bundle	\$699; includes Self-Study Program, Sleep Tech Kit and textbook
Bundle installment option	Three payments of \$249; total \$747

Completion and enrollment

Students complete the assigned online modules and final assessment. Review the enrollment terms provided for this offering before purchase, including access, completion requirements, and cancellation and refund provisions. Contact admissions@myniht.com with enrollment questions.

Certification and licensure

BRPT STAR designation is not institutional accreditation or a professional license. Completion does not guarantee examination eligibility. Students must verify current BRPT and state requirements before enrolling. The bundle installment option totals \$747; the one-payment bundle price is \$699.

7. Clinical Education

Clinical requirement

Students must complete 20 supervised clinical hours at NIHT, National Sleep Solutions, or another sleep laboratory approved by NIHT. A host laboratory is not required to employ the student and retains discretion over scheduling, onboarding, patient contact, and permitted activities.

Student role

Clinical education is introductory and supervised. Students may observe and, when authorized, assist under direct supervision. Students may not provide independent patient care, represent themselves as credentialed professionals, access information without a legitimate educational need, or perform activities prohibited by the site.

Expected exposure

- Patient check-in, orientation, and laboratory workflow.
- Room and equipment preparation.
- Infection control, safety, and privacy procedures.
- Electrode and sensor placement observation or supervised assistance.
- Signal monitoring, artifact recognition, and troubleshooting awareness.
- Diagnostic PSG, split-night studies, PAP titration, MSLT/MWT, or HSAT when available.
- Documentation and overview of sleep staging and event-scoring workflow.

Clinical documentation

The clinical supervisor or qualified sleep laboratory representative verifies the student's hours and applicable exposure using NIHT's approved Clinical Skills Checklist and Hour Verification process. Incomplete, unverifiable, or unsigned documentation may be rejected.

Clinical placement responsibilities and costs

NIHT assists students with clinical guidance but does not guarantee a specific site, schedule, geographic location, patient population, or completion date. Students are responsible for transportation, lodging, meals, uniforms beyond included items, background checks, drug screening, immunizations, CPR, or other site-specific expenses unless the enrollment agreement expressly states otherwise.

Removal from a clinical site

A student may be removed for safety concerns, privacy violations, unprofessional conduct, repeated absence, refusal to follow site rules, or performance beyond the authorized student role. NIHT will review whether reassignment, remediation, suspension, or dismissal is appropriate. Reassignment is not guaranteed.

8. Tuition, Fees, and Payment Options

Published program charges

Charge	Amount	Refund treatment / notes
Application fee	\$0	NIHT currently does not charge an application fee.
Program tuition	\$3,500	Subject to the cancellation and refund policies in this catalog.
Pay-in-full promotional price	\$3,200 when offered in writing	A tuition discount, not a separate fee. The student-specific agreement controls.
Required NIHT student kit	Included unless agreement states otherwise	One standard shipment included. Replacement or reshipment may be charged at actual cost.
Required textbook	Included only when stated in writing	If separately required, title and estimated cost must be disclosed before enrollment.
Third-party/site charges	Actual cost, if applicable	May include CPR, background check, screening, immunizations, travel, lodging, or site onboarding.

Payment options

- Pay in full under the price stated in the enrollment agreement.
- NIHT in-house installment plan: ordinarily \$1,500 down with the remaining balance scheduled over three, four, or five payments.
- Third-party financing, subject to the provider's approval and separate terms. NIHT does not guarantee approval. The enrollment agreement must state the student's total contractual charges, payment method, due dates, and any authorized third-party charges. A payment described as a deposit, down payment, or seat reservation is credited toward tuition and is not automatically nonrefundable.

Financial aid and scholarships

NIHT does not participate in federal Title IV financial-aid programs. No scholarship is guaranteed. Any institutional scholarship or discount must be approved, documented in writing, and reflected in the enrollment agreement or account ledger.

9. Cancellation, Withdrawal, and Refund Policies

72-hour cancellation right

A student may cancel the enrollment agreement by written notice within 72 hours after signing it. NIHT will refund all tuition and fees paid, excluding only a separately identified nonrefundable fee that is permitted by applicable GNPEC standards. NIHT currently lists no application fee. The 72-hour period is measured from the time the agreement is signed; if the deadline falls when the administrative office is closed, notice sent electronically before the deadline is timely.

How to cancel or withdraw

1. Send written notice to admissions@myniht.com or to NIHT's physical mailing address. 2. State the student's full name, program, cohort, request to cancel or withdraw, and effective date. 3. Complete the NIHT withdrawal form when requested. Failure to return the form does not allow NIHT to delay a required refund when written notice is otherwise clear. 4. NIHT will acknowledge the request, determine the last date of participation, calculate any balance or refund, and provide written account information.

Withdrawal after the cancellation period

For a student who withdraws before completing 50% of the paid instructional segment, tuition and applicable refundable fees will be refunded on a prorated basis according to the percentage of that paid segment not completed. The calculation uses documented participation through the withdrawal date. NIHT does not use a fixed refund table. After a student completes 50% or more of the paid segment, no tuition refund is required under this institutional policy unless applicable law, written regulatory direction, or the enrollment agreement provides a greater refund.

Administrative withdrawal

NIHT may administratively withdraw a student for prolonged nonparticipation, failure to meet academic or attendance requirements, serious conduct violations, safety or privacy concerns, or failure to resolve required enrollment conditions. NIHT will document notice to the student and issue any refund owed under the same refund calculation applicable to a student-initiated withdrawal.

Refund timing and method

Any refund owed by NIHT will be issued within 45 days of withdrawal or cancellation. Refunds are ordinarily returned through the original payment method when practicable. Amounts paid by a third-party financing provider may be returned to that provider as required by the financing agreement.

Institutional cancellation or substantive program change

If NIHT cancels or substantively changes a program, time, or location so that an enrolled student cannot continue, NIHT will make timely, equitable arrangements to accommodate the student or refund the money paid for the affected program when acceptable alternative arrangements are not possible.

Extenuating circumstances

A student affected by documented serious illness, military duty, death in the immediate family, natural disaster, loss of an approved clinical site through no fault of the student, or comparable extraordinary circumstances may request a leave, extension, cohort transfer, or other reasonable academic adjustment. Requests should be submitted promptly with supporting documentation when available. Approval is individualized and does not waive essential requirements or guarantee a financial adjustment beyond applicable refund law.

10. Academic Policies

Assessment and grading

Grade	Range	Academic standing
A	90-100%	Excellent
B	80-89%	Good
C	75-79%	Passing
F	Below 75%	Not passing / remediation required

The minimum passing standard for required examinations and successful program completion is 75%, unless a published assignment rubric requires a higher competency threshold for safety or skill verification. Clinical completion is evaluated through verified hours, participation, conduct, and required documentation rather than a letter grade.

Academic integrity

Students must submit their own work and follow all testing and identity-verification rules. Prohibited conduct includes plagiarism, unauthorized collaboration, copying, falsifying clinical hours or documents, sharing restricted assessment content, impersonation, or using unauthorized resources during a closed assessment. NIHT may investigate, require reassessment, assign a failing grade, suspend access, or dismiss a student after notice and an opportunity to respond.

Remediation and reassessment

A student who does not meet a learning objective may be assigned tutoring, review, practice, corrective work, or reassessment. NIHT may limit the number and timing of reassessments. Remediation does not guarantee a passing grade and may extend the completion date.

Final examination

The final examination is comprehensive and scheduled after completion of prerequisite coursework, quizzes, clinical documentation, and other assigned requirements. The minimum passing score is 75%. Identity verification or proctoring may be required. A student who does not pass may be offered one remediation and reassessment opportunity unless misconduct or another serious circumstance warrants a different decision.

Graduation requirements

- Complete all required instruction, assignments, quizzes, practical activities, and examinations, including a final-examination score of at least 75%.
- Complete and verify the 20 supervised clinical hours and meet all attendance, conduct, academic-integrity, documentation, and enrollment-agreement requirements.

11. Attendance and Satisfactory Academic Progress

Attendance and participation

Students are expected to attend scheduled synchronous sessions, complete assigned online work by published deadlines, communicate with faculty, and attend every confirmed clinical shift. Attendance may be documented through login records, live participation, assignment activity, instructor records, or clinical verification.

To remain in good standing, a student must complete at least 80% of scheduled didactic participation and 100% of required clinical hours. Missed clinical hours must be rescheduled and verified. Make-up work is subject to instructor approval and must demonstrate the same learning objectives as the missed activity.

Satisfactory Academic Progress (SAP)

SAP is evaluated at approximately the midpoint of the instructional sequence and before graduation. A student meets SAP when the student:

- Maintains a cumulative academic average of at least 75%.
- Meets the attendance and participation standard.
- Completes assigned work at a pace that permits completion within the maximum six-month time frame.
- Demonstrates acceptable conduct, safety, and academic integrity.
- Is making documented progress toward clinical completion.

Academic warning and probation

A student who does not meet SAP may receive written academic warning with a corrective plan and deadline. If the deficiency is not resolved, NIHT may place the student on probation, require remediation, transfer the student to a later cohort, or dismiss the student. A student receives notice of the decision and may request review in writing within five business days.

Leave of absence

A student may request a temporary leave in writing for documented extenuating circumstances. The request should state the reason, anticipated return date, and plan for completing outstanding requirements. Approval is discretionary, must preserve program integrity, and may require placement in a later cohort or a revised completion schedule.

12. Student Conduct and Dismissal

Professional expectations

- Treat patients, classmates, faculty, staff, and clinical personnel with dignity and respect.
- Maintain patient and institutional confidentiality, including HIPAA requirements.
- Follow safety, infection-control, technology, testing, and clinical-site rules.
- Communicate honestly and professionally.
- Remain within the authorized student role and supervision level.
- Avoid harassment, threats, discrimination, retaliation, impairment, violence, theft, falsification, and disruption.

Corrective action

Depending on severity, NIHT may use coaching, written warning, remediation, probation, suspension, removal from a clinical site, or dismissal. NIHT may take immediate protective action when safety, privacy, security, or patient welfare is at risk. Except where immediate action is necessary, the student will receive notice of the concern and a reasonable opportunity to respond.

Grounds for dismissal

Grounds may include failure to meet academic or attendance standards; falsification; cheating; serious or repeated conduct violations; privacy or safety breaches; refusal to follow supervision; inability to complete essential clinical requirements; or failure to meet a corrective plan. Financial delinquency is handled under the enrollment agreement and applicable law and is not used to falsify or erase academic achievement already earned.

Appeal and readmission after dismissal

A dismissed student may appeal in writing to the Administrator within five business days, identifying the disputed facts and requested resolution. NIHT will review the record and issue a written final institutional decision, ordinarily within ten business days. A student seeking later readmission must follow the readmission policy; readmission after a serious safety, privacy, integrity, or conduct violation may be denied.

13. Student Services and Records

Student support

- Admissions and enrollment guidance.
- Orientation and learning-platform support.
- Instructor access and academic clarification.
- Reasonable remediation and study guidance.
- Clinical-practice instructions and host-site documentation.
- Resume guidance and general career-preparation support.
- Referral to applicable credentialing and state regulatory information.

Career services disclaimer

NIHT may provide resume guidance, interview preparation, job-search information, employer leads, or general career coaching. NIHT does not guarantee employment, placement, wages, shift, location, promotion, licensure, certification, or employer acceptance.

Student records

NIHT maintains admissions, academic, attendance, clinical, financial, credential, and complaint records consistent with applicable law. Records are protected against unauthorized access, alteration, loss, or disclosure. Students must keep their contact information current.

Transcripts and certificates

A student may request an official or unofficial transcript by contacting admissions@myniht.com and completing identity verification. Transcripts include the institution, student name, program, enrollment dates, status, and grades as applicable. Replacement certificates may be subject to a reasonable disclosed reproduction or shipping charge. NIHT will not alter records to misrepresent academic performance or program completion.

Privacy

Student information is used for education, administration, compliance, payment processing, communication, and support. Information may be shared with service providers, clinical sites, regulators, credentialing organizations, or other parties when authorized, legally required, or necessary for program administration. Clinical information accessed by students remains subject to site policy and applicable privacy law.

Reasonable accommodation procedure

A student requesting accommodation should contact NIHT promptly, describe the functional limitation and requested support, and provide appropriate documentation when needed. NIHT will engage in an individualized review. Accommodations may not fundamentally alter program objectives, waive essential clinical competencies, compromise patient safety, or bind an independent clinical site beyond applicable law.

14. Complaint and Grievance Procedure

Step 1 - Informal resolution

When appropriate, the student should first discuss the concern with the instructor or staff member closest to the issue. The student is not required to use informal resolution for discrimination, harassment, retaliation, safety, privacy, fraud, or another matter for which direct contact would be inappropriate.

Step 2 - Formal written complaint

The student may submit a written complaint to the NIHT Administrator at admissions@myniht.com. The complaint should include the student's name and contact information; relevant dates; people involved; a clear description; supporting documents; prior resolution attempts; and the requested outcome. Anonymous information may be reviewed, but anonymity can limit the institution's ability to investigate or respond.

Institutional review and response

NIHT will acknowledge a formal complaint ordinarily within five business days, conduct a fair review, request additional information when needed, and provide a written institutional decision ordinarily within fifteen business days. Complex matters may require additional time; the student will be notified of a reasonable extension. Retaliation for a good-faith complaint is prohibited.

Internal appeal

The student may appeal the written decision to the Executive Director within five business days by identifying a material factual error, procedural concern, or significant new information. NIHT will issue a final institutional response ordinarily within ten business days.

External complaint to GNPEC

After using the institutional complaint procedure, a student has the right to appeal or submit an unresolved complaint to the Georgia Nonpublic Postsecondary Education Commission. GNPEC can be contacted at 770-414-3300. Information and the complaint form are available at <https://gnpec.georgia.gov/student-resources/complaints-against-institution>. GNPEC's mailing address is 2082 East Exchange Place, Tucker, Georgia 30084.

Records: NIHT documents formal complaints, investigation steps, communications, outcomes, and

corrective action. Complaint information is maintained with appropriate confidentiality and made available to regulators when required.

15. Disclosures and Consumer Information

Institutional accreditation

NIHT is not institutionally accredited by a U.S. Department of Education-recognized accrediting agency. NIHT's BRPT STAR designations are not institutional accreditation.

BRPT STAR and examination eligibility

NIHT's Sleep Technology Essentials program is identified as BRPT STAR Focused 2 program F2017. NIHT also maintains BRPT STAR Self-Study program SS016 as a related educational resource. BRPT determines the applicable eligibility pathways and may change requirements. Completion of NIHT education alone does not guarantee CPSGT or RPSGT examination eligibility. Students must satisfy every current BRPT requirement and obtain BRPT approval of their application.

State licensure and vocational requirements

Sleep technology requirements vary by state. A state may require AASM A-STEP education, a state- approved program, a professional credential, clinical experience, trainee authorization, or other qualifications. NIHT's program is not an AASM A-STEP program. Students must contact the licensing or regulatory authority in the state where they intend to work before enrolling. NIHT does not guarantee that its program satisfies any state's licensure or trainee requirements.

Employment and compensation

Any occupation, demand, salary, or career information is general and may vary by employer, location, experience, credential, schedule, and economic conditions. NIHT does not guarantee a job, salary, clinical placement, employer sponsorship, or promotion.

Prior-year outcomes

NIHT began its first 2026 cohort on February 4, 2026. Because the institution did not operate the program during the prior calendar year, prior-year enrollment, graduation, and job-placement statistics are not available for this initial catalog edition. Once reportable data are available, NIHT will publish numerical program outcomes using the applicable GNPEC definitions and reporting period.

Housing, transportation, and clinical travel

NIHT does not provide or recommend institutional housing. Students are responsible for transportation and any travel or lodging needed for clinical education. Clinical schedules may include evening or overnight hours.

Catalog acknowledgment

Before enrollment, students receive the current catalog and enrollment agreement and acknowledge an opportunity to ask questions about requirements, charges, refunds, credentialing, licensure, and complaints.

Appendix A. Curriculum Outline

Module	Primary content
1. Introduction to Sleep Technology	Profession, scope, laboratory operations, terminology, ethics, and career pathways.
2. Ethics, HIPAA, and Patient Safety	Professional conduct, privacy, infection control, patient identification, communication, and emergency awareness.
3. Sleep Physiology and Architecture	Normal sleep, circadian rhythms, REM/NREM, sleep cycles, and age-related variation.
4. Sleep Disorders Overview	Sleep-disordered breathing, insomnia, hypersomnias, parasomnias, movement, and circadian disorders.
5. Neuroanatomy and EEG Fundamentals	Basic neuroanatomy, EEG activity, polarity, frequency, amplitude, and waveform recognition.
6. Sleep Staging and Scoring	Adult stages, arousals, sleep calculations, architecture, and current AASM principles.
7. Electrode Placement	International 10-20 measurements, skin preparation, application, impedance, and comfort.
8. Respiratory Physiology	Anatomy, ventilation, oxygenation, airflow, effort, and gas exchange.
9. Respiratory Monitoring and Scoring	Sensors, oxygen saturation, respiratory patterns, apneas, hypopneas, and associated events.
10. PAP Therapy and Titration	CPAP, bilevel, masks, leak management, humidification, education, and introductory titration.
11. Cardiovascular Monitoring	Basic cardiac physiology, ECG, heart rate, rhythm recognition, and documentation.
12. Instrumentation and Signal Processing	Equipment, amplifiers, filters, sensitivity, sampling, calibration, montages, and acquisition.
13. Artifact Recognition and Troubleshooting	Physiological, environmental, equipment, and patient- related artifacts.
14. Pediatric Sleep Studies	Pediatric sleep, age-related considerations, monitoring, interaction, and family-centered care.
15. Patient Assessment and Documentation	Chart review, sleep history, questionnaires, preparation, documentation, and summaries.
16. Clinical Simulation and Full PSG Setup	Preparation, sensor application, calibration, monitoring, troubleshooting, and documentation.

Hour allocation

Component	Hours
Didactic instruction	56.25
Practical, simulation, and clinical training	21.25
Final examination	3.00
Total	80.50