

BRPT STAR SELF-STUDY PROGRAM

Sleep Technology Essentials

Digital Self-Study Program

Build practical sleep-technology knowledge on your schedule with a structured, comprehensive curriculum designed for aspiring and working sleep professionals.

STAR APPROVED

BRPT Self-Study Program | SS016

PROGRAM AT A GLANCE

21 Online modules	21 Module quizzes	80 Final-exam questions	100% Self-paced online
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WHAT YOU WILL STUDY

Sleep science & disorders Sleep regulation, insomnia, hypersomnolence, parasomnias and sleep-disordered breathing.	PSG setup & signal quality Sensors, electrodes, impedance, equipment fundamentals, artifacts and troubleshooting.
Scoring foundations Sleep staging, respiratory-event recognition, abnormal findings and documentation.	PAP therapy Adult and pediatric PAP modes, mask fitting, titration principles, oxygen and safety.
Specialized testing Pediatric PSG, MSLT, MWT, HSAT, split-night studies, retitrations and oxygen studies.	Professional practice Patient intake, chart review, HIPAA, infection control, safety and professional conduct.

LEARN WITH STRUCTURE. PROGRESS WITH CONFIDENCE.

Each module includes focused lessons and a knowledge check. Instructional videos reinforce selected skills, and a separate 80-question final examination evaluates overall comprehension.

Ready to strengthen your sleep-technology foundation?

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THE 21-MODULE CURRICULUM

A broad, practical review of the knowledge areas encountered in contemporary sleep-technology practice.

01 Introduction to Sleep Technology & the Role of the Technologist	12 Abnormal Events
02 Circadian Rhythm Sleep-Wake Disorders & Insomnia	13 PAP Therapy & Titration Principles
03 Patient Intake, Chart Review & Clinical Documentation	14 Pediatric PAP Therapy & Titrations
04 Infection Control & Patient Safety in the Sleep Lab	15 Specialized Studies
05 Polysomnography Setup, Signals & Equipment Fundamentals	16 Parasomnias & REM Behavior Disorder
06 Pediatric Polysomnography (PSG) Fundamentals	17 Narcolepsy & Central Disorders of Hypersomnolence
07 EEG 10-20 Measurement System & Electrode Location	18 Home Sleep Apnea Testing
08 Electrode Application & Impedance Checks	19 Performing Other Types of Sleep Studies
09 Artifact Recognition & Troubleshooting	20 Electrocardiography
10 Sleep Staging	21 Helpful Strategies for Sleep Technologists
11 Respiratory Event Recognition & Scoring Fundamentals	

DESIGNED FOR

Aspiring sleep technologists building foundational knowledge	Working professionals seeking a structured refresher	Credential candidates supplementing a broader exam-preparation plan
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IMPORTANT CREDENTIALING INFORMATION

NIHT's Sleep Technology Essentials Self-Study Program is BRPT STAR approved as SS016. Completion of this course does not, by itself, guarantee eligibility for a professional credentialing examination. Candidates must satisfy all current requirements for their selected BRPT pathway, including any required clinical experience and documentation. BRPT determines examination eligibility.

Flexible online learning. A comprehensive curriculum. A respected path forward.

Visit www.myniht.com to review enrollment options.