

Opportunities for RPSGTs in the Field of Sleep Technology

Rachel Newman Waddy, RPSGT, M.Ed., MSW

Program Director at CCBC for the Polysomnographic Technology Program

Conflict of Interest Disclosures for Speakers

****Please DO NOT edit this slide****

Based upon your submitted disclosure information, the AASM will provide you a finalized slide prior to the live event

Learning Objectives

Upon completion of this course, attendees should be able to...

- Understand the opportunities available to support RPSGTs.
- Reflect on the present needs in the field.
- Recognize the current roles and determine new ones we need to create.

First Tier Goal:

- Initial Push from the June 2024 Business Meeting discussing RPSGT needs—”Supporting a Pipeline for Polysomnographic Technologists in Maryland”
- Discussion—In this talk I answered the question posed by many lab owners, lab staff, and Medical Monitors—Why is there a shortage of RPSGTs in Maryland and in the US? What can we do to increase our numbers?
- My response entailed discussing the foundation of education we are providing at CCBC, our goals to increase enrollment, and how laboratories could help support us. Together, we can help solve this issue.
- Since that talk—Thank you to all of you who have signed Affiliation Agreements with CCBC, hosted student interns at your laboratory, and have created paid positions for graduates of the program as they are awaiting their RPSGT credentials.
- This cooperation really bridges the communication and support between the sleep technology graduate and the laboratory needs.

Increasing Enrollment, Instructors, and Output

From June 2024 to 2026:

- Our enrollment per cohort went from 15 students on average to 20-25 students per cohort in 2025. This year, in 2026, we have had 30+ per cohort. For the fall cohort—We enrolled 44 Maryland students who started this Monday.
- Our program has gone from 3 staff members to 10 staff members
- Since 2024--Our output has been 52 graduates from the program in the state of Maryland (7 in other states)
- 17 Graduates have passed the BRPT Exam (3 in other states)
(There will be more graduates upcoming to pass the BRPT exam. Keep in mind, there is a lag from graduating, applying for the exam, to studying, to first attempt, to final successful attempt)

Second Tier Goal:

- Keeping the current Sleep Technology students and graduating RPSGTs aware of the opportunities available to them in the field
- Recognizing areas of needed growth within the RPSGT field.
- This growth is necessary for leadership and support. Right now, there are many folks at the M.D./Ph.D. level in sleep and at the entry level of new RPSGT.
- We need more experienced RPSGTs and RPSGTs in leadership roles.

Leadership and Scientific Training during the Sleep Technology Program at CCBC

All students are trained on the following skills:

- Looking up scientific journals in the digital library at CCBC and on PubMed
- Writing papers in APA Style
- Patient-Centered Care—Patient's as individuals
- Verbal Competency Return-Demonstration Exams—Essential at bringing up our BRPT exam pass rate
- Sleep Staging and Scoring with an Inter-Scorer Reliability Student Account
- Reviewing and Reading Reports
- Data analysis projects during the last module of clinicals and classes.

Opportunities for Students Currently in School

- The Jomo Martin Nkunya Memorial Scholarship has been offered by BRPT to one student yearly as a grant of \$3000.00, to put toward their tuition. This is a national essay-based award.
- Positions for high performing students to function as Teachers Aides at CCBC for extra support during polysomnography class laboratories.
- We currently have a TA that started as a graduate and passed her RPSGT. She continues to support us as an adjunct support TA and quizzes students during their hook-up laboratory.

Opportunities for Students who have Graduated and are Studying

- There are local laboratories that will offer employment to students who are recently graduated and studying for their RPSGT. While there are a few these spots are limited.
- In Pennsylvania and states surrounding Maryland, labs can hire graduates at entry level while they study for their RPSGT.

Opportunities for RPSGTs who earned their Certificate at CCBC

- At CCBC Your RPSGT certificate counts as 31 credits/60 credits toward an Associate of Applied Science. This is a science-based leadership and management degree specifically created to fulfill the leadership need in allied health.
- If you are interested in a Respiratory Therapist AA degree, your RPSGT certificate counts toward your total application points to get into the program. Their acceptance is determined by a points-based system.

Current Posted Signing Bonuses for RPSGTs

- \$10,000 signing bonus from Virginia Heart in Falls Church, VA
- \$10,000 signing bonus from UPMC in Pennsylvania
- \$5,000 signing bonus from Pulmonary Associates of Richmond
- Varying signing bonuses from Pivotal Heath (formerly Medbridge Health)

When RPSGTs have Leadership Skills, What is next?

Where is our career path going?

Research Opportunities (often associated with undergraduate and graduate degrees)

- Walter Reed Army Institute of Research
- Penn State
- Johns Hopkins Research
- Henry Jackson Foundation ([usajobs.gov](https://www.usajobs.gov) or local postings at colleges)

Advanced & Specialized Sleep Positions

- Clinical Coordinator—Runs the Sleep Lab or Research Lab
- Daytime Sleep Scorer—Keeping up your ISR records
- Pediatric Sleep Specialist—BRPT Certification
- RPSGT addon to Respiratory Therapist
- Certification in Clinical Sleep Health (CCSH)—BRPT Certification

Where is the place for a CCSH?

There were 32 obtained in the State of Maryland. Now there are just 19 CCSH Certifications that are still active.

- Some support the Medical Monitors in the lab.
- Sleep Coaching with a CCSH—

Jessica Schmidt, MA, RPSGT, CCSH, FACHE founder of Integrative Alchemists, Sleep Coaching and Consulting

Sleep Coaching with Experience, an MS in Nutrition, and a RPSGT

Interviewed a long-time CC from Kennedy Krieger Institute

Lori Gregory, MS, RPSGT, is a Sleep and Circadian Rhythm Strategist with more than 25 years of experience in sleep medicine. A sleep laboratory leader, educator, and founder of Sleep and Nutritional Wellness, LLC, she combines expertise in sleep technology, circadian health, and clinical nutrition to support professional sustainability, night-shift health, and practical sleep education.

- Individual Coaching
- Education
- Corporate talks
- With her experience, we are discussing the potential for her to teach a few modules at CCBC. She would direct students on how to protect and support their bodies and maintain optimal health during night shift work.

Dreaming of a Good Night's Sleep

- Sleep Hygiene
- Master of Social Work and Clinical Therapy
- Internship
 - Chase Brexton Health Care
 - Medstar Outpatient Therapy Counseling Center

Where would you like to go with your RPSGT?

Laboratories—Where is there the greatest need?

What opportunities do you see rising up that I haven't mentioned?

Questions and Discussion