

Sleep HealthCenters
Now Accepting Students for A-STEP Sleep Technologist Program in
February

Brighton, MA— Sleep HealthCenters® is currently accepting registrations for the Accredited Sleep Technologist Education Program (A-STEP) for individuals interested in receiving formalized education and training in sleep technology—regardless of experience level. The program will take place at the Conference Center at Waltham Woods in Waltham, Massachusetts beginning February 2.

A-STEP is a two-step training initiative endorsed by the American Academy of Sleep Medicine (AASM). STEP 1 is an 80-hour introductory course being offered by Sleep HealthCenters, one of the first accredited A-STEP providers in the nation. Sleep HealthCenters first offered the A-STEP program, a combination of lectures and hands-on training, in June 2006. STEP 2 is fulfilled through an employer's on-the-job training program and web-based self study modules.

“Sleep HealthCenters is excited to offer A-STEP for individuals interested in gaining formal education in sleep technology,” said Elise Maher, Sleep HealthCenters’ Regional Technical Director and A-STEP Program Director. “It is an invaluable resource for the local education and healthcare communities because of its appeal to both experienced sleep technicians and new entrants to the field of sleep technology. A-STEP is one way that accredited labs can have their staff meet the requirements of the new accreditation standards. For those interested in starting a career in healthcare, sleep technology offers a rewarding career in a growing field that can be attained through work experience in a relatively short period of time. Starting in 2012, an associate’s degree will be required to enter sleep technology; so, the time is right to get started.”

Sleep HealthCenters is a network of sleep medicine specialty centers and the largest provider of such services in Massachusetts. Education is a critical component of Sleep HealthCenters’ service model, supporting sleep medicine fellowship programs and organizing sleep medicine conferences, in addition to A-STEP classes.

A-STEP was developed to standardize training and to begin an educational progression for those interested in the field of sleep technology. As of July 1, 2009, all AASM-accredited centers must have at least one registered technologist on staff and all others must be in a training program such as A-STEP. As of 2010, A-STEP will be one of two educational pathways a sleep technologist must pass before sitting for the Board of Registered Polysomnographic Technologists (BRPT) exam.

Additional A-STEP classes will be held March 30 through April 10, July 13 through July 24 and October 19 through October 30.

Individuals interested in enrolling in A-STEP should contact Hillary Scott, Sleep HealthCenters' A-STEP Coordinator at 617-783-1441 x135.

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