

[**A-STEP Students**]

The American Academy of Sleep Medicine (AASM) offers the Accredited Sleep Technologist Education Program (A-STEP) to equip students with the education and training they need to excel in the profession of sleep technology.

Sleep technology, also known as polysomnographic technology, is a specialized health-care profession. It involves the technical evaluation of patients with sleep disorders in the clinical setting of a sleep disorders center or laboratory for sleep related breathing disorders. Sleep technologists utilize the latest technology to conduct sleep studies that ensure the safe and accurate assessment and treatment of sleep disorders patients.

Students enter the profession as a trainee and advance to the level of technician once they have an overall understanding of sleep-technology skills. A technician reaches the highest level in the profession, technologist, after he or she passes the Registered Polysomnographic Technologist (RPSGT™) Exam, which is offered by the Board of Registered Polysomnographic Technologists (BRPT).

A-STEP provides students with the comprehensive education and practical training that prepares them for the RPSGT Exam. To enroll in A-STEP a student must have completed high school.



Visit the AASM's website for more information on the A-STEP education program by clicking [here](#).

Waterbury Hospital Sleep Lab
Attention: Jeff Dill
1625 Straits Turnpike Suite # 305
Middlebury, Connecticut 06762



Admission Requirements

Education Requirements

- High School Diploma; or
- GED plus 6 months of direct patient care experience; or
- GED plus 1 year of postsecondary education; or
- Current enrollment in an accredited educational program leading to an associate degree with an emphasis in polysomnography

- Valid CPR Card
- Legally eligible to work in the State of Connecticut
- Effective English written and spoken communication skills
- Appropriate social skills
- Ability to follow direction

Physical Requirements

Frequently stand, use hands to finger, handle, or feel; reach with hands and arms; climb or balance; talk or hear

Occasionally walk; sit; stoop; kneel; crouch or crawl;

- **Regularly** lift and/or move up to 10 pounds
- **Frequently** lift and/or move up to 25 pounds
- **Occasionally** lift and/or move up to 50 pounds

Specific vision abilities required include: close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus.

- Ability to work in an environment that may contain chemicals and vapors such as those found in glutaraldehyde, acetone and ether.
- Ability to work safely with these chemicals including direct exposure.
- Ability to work safely in an environment with infectious agents and blood-borne pathogens.



Calendar of Courses

Next Course Begins **DECEMBER**
Program is not offered every month.

Applications are due 30 days prior to the start of a course.

You will be contacted prior to the start of the course.

DECEMBER 2011						
SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6 ASTEP 4PM - 12MN	7 ASTEP 4PM - 12MN	8 ASTEP 4PM - 12MN	9 ASTEP 4PM - 12MN	10 ASTEP 4PM - 12MN	11
12	13 ASTEP 4PM - 12MN	14 ASTEP 4PM - 12MN	15 ASTEP 4PM - 12MN	16 ASTEP 4PM - 12MN	17 ASTEP 4PM - 12MN	18
19	20	21	22	23	24 CHRISTMAS	25 CHRISTM
26	27	28	29	30	31 NEW YEARS EVE	NEW YEARS

MARCH 2012						
SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2 3
4	5 ASTEP 4PM - 12MN	6 ASTEP 4PM - 12MN	7 ASTEP 4PM - 12MN	8 ASTEP 4PM - 12MN	9 ASTEP 4PM - 12MN	10
11	12 ASTEP 4PM - 12MN	13 ASTEP 4PM - 12MN	14 ASTEP 4PM - 12MN	15 ASTEP 4PM - 12MN	16 ASTEP 4PM - 12MN	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE 2012						
SUN	MON	TUE	WED	THUR	FRI	SAT
						1 2
3	4 ASTEP 4PM - 12MN	5 ASTEP 4PM - 12MN	6 ASTEP 4PM - 12MN	7 ASTEP 4PM - 12MN	8 ASTEP 4PM - 12MN	9
10	11	12	13	14	15	16

10	4PM - 12MN ASTEP 4PM - 12MN	11	4PM - 12MN ASTEP 4PM - 12MN	12	4PM - 12MN ASTEP 4PM - 12MN	13	4PM - 12MN ASTEP 4PM - 12MN	14	4PM - 12MN ASTEP 4PM - 12MN	15	4PM - 12MN ASTEP 4PM - 12MN	16	
17		18		19		20		21		22		23	
24		25		26		27		28		29		30	

Course Detail



80 Hour A-STEP Introductory Course

Approved by the American
Academy of Sleep Medicine

<http://www.aasmnet.org/astep/Providers.aspx>

A-STEP Sleep Education Series

TOPICS COVERED INCLUDE

(but are not limited to):

- Introduction to the sleep lab
 - EEG and Sleep Staging
 - Sleep and Cardiovascular Monitoring
 - Respiratory Monitoring
 - Sleep Related Breathing Disorders
 - EMG and Movement Disorders
 - Narcolepsy, Seizures and Parasomnias
 - Circadian Rhythm Disorders
 - Pediatric Polysomnography
 - Insomnia
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Please review the program policies, below is a brief summary:

- Dress Code: hair, clothes, jewelry, shoes and fragrances should be professionally appropriate. “Business casual” or scrubs
- Attendance: students are expected to be present on time to class. Missed material is the student’s responsibility to make up. Absence of more than 1 class may require student to re-take course.
- Outcomes: you will be given a follow-up questionnaire after you complete the course.
- Grievance: policy is in place to handle student complaints
- Fair Practices: Waterbury Hospital is an equal opportunity employer
- Tuition: Tuition must be paid in-full prior to access to final exam.
- A \$50 Fee is required by the AASM to register through the AASM to take the final exam. If the final exam needs to be re-taken, an additional \$50 charge will be required to the AASM.



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Any questions, please contact:

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