

The Sleep Technology  
Training Institute



Course Catalog & Student Handbook

2026



**SleepCare**

### An Introduction to Sleep Care and the Institute

Sleep Care, Inc. is a sleep diagnostics company that started in 1995. The first hospital based sleep lab opened in 1997 in Columbus, Ohio. Since then, Sleep Care has grown to many centers located across Ohio including Sleep Care at Licking Memorial that sponsors this program.

With our success in the field of sleep medicine, we feel we have a unique opportunity to give back to the sleep community by passing along our knowledge and experience to those who may be interested in a career in sleep medicine. This belief helped create the basis for The Sleep Technology Training Institute.

Our program has been modeled after the curriculum Sleep Care has used since its inception to train and register all new sleep technicians that are hired. The program is accredited by the CAAHEP and is designed to cover all aspects of diagnostic sleep medicine and will adequately prepare advanced students to take the Registered Polysomnographic Technologist Exam in just 16 weeks. The first four weeks consist of on-line course work while the final 12 weeks are clinical experience. In addition, students will learn from the same principles that have allowed Sleep Care to grow into the successful company that it is today:

- Knowledgeable and Experienced Staff
- State of the Art Technology
- Meeting and Exceeding Industry Standards of Practice
- Emphasis on Patient Care and Outcomes

Program is accredited by:

Commission on Accreditation of Allied Health Education Program

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## Mission and Goals

We prepare our students with the ethical values, knowledge and clinical skills necessary to successfully meet the professional responsibilities of a entry-level polysomnographic technologist eligible to apply for the BRPT examination.

We operate within the mission of SleepCare. Our Minimum Expectation for our students is to prepare competent entry-level polysomnographic technologists in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains. The program prepares graduates to apply for and successfully complete the BRPT Examination for Polysomnographic Technologists. Program outcomes are monitored annually in accordance with CAAHEP Standards. This allows our students to assume the position of a entry-level polysomnographic technologist eligible to apply for the BRPT examination upon completing our program.

Students will be encouraged in their learning to be self-directed and motivated to establish high standards of professional excellence. Creative, critical, and analytical thinking will be encouraged and established throughout the academic and clinical experiences of the program. The role of faculty is to provide guidance, feedback, and information in a healthy, open, productive learning environment. We will evaluate students' course work as well as their clinical skills.

Goals:

- To maintain the highest quality polysomnographic training program that meets the needs of and is responsive to all communities of interest including, but not limited to, students, graduates, faculty, sponsor administration, employers, physicians, the public, and nationally accepted standards of roles and functions.
- To prepare competent entry-level polysomnographic technologists in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains.
- To meet and exceed all CAAHEP Curriculum requirements which includes the most recent version of the American Association of Sleep Technologist's standard curriculum.
- To graduate students who are fully prepared to practice as Polysomnographic Technologists in all types of workplaces based on the BRPT's Job Analysis.
- To graduate students who are fully prepared to take and pass the BRPT's Examination for Polysomnographic Technologists.
- To prepare students to assume responsibility for ethical care in accordance with the BRPT and AASM's Standards of Conduct for sleep technologists.
- To graduate students who will advance our profession through community service and professional organizations.
- To attract and maintain the highest quality and most qualified faculty and staff.
- To provide continuing education resources to sleep technologists to aid in maintaining their credential.

## Certificate of Polysomnographic Technology Requirements

| Course No | Course   | Clock Hours |
|-----------|--|-------------|
| PSG 100   | Introduction to Sleep                                      | 8           |
| PSG 150   | Anatomy of Sleep & Wakefulness                             | 8           |
| PSG 160   | Oxygen Therapy and the Respiratory System                  | 5           |
| PSG 200   | Sleep Disorders  | 8           |
| PSG 210   | Infection Control and Safety                               | 8           |
| PSG 220   | The 10-20 System and Proper Electrode and Sensor Placement | 8           |
| PSG 230   | Adult Sleep Staging and Scoring                            | 24          |
| PSG 240   | Pediatric Sleep  | 8           |
| PSG 250   | ECG  | 8           |
| PSG 275   | Instrumentation  | 24          |
| PSG 280   | Troubleshooting Sleep Equipment                            | 5           |
| PSG 290   | Therapeutic Intervention                                   | 8           |
| PSG 295   | Alternatives to PAP Therapy                                | 5           |
| PSG 300   | Pharmacology of Sleep                                      | 5           |
| PSG 310   | Seizures and Epilepsy                                      | 5           |
| PSG 350   | Patient Interaction  | 5           |
| PSG 360   | Policies and Procedures and Proper Documentation           | 8           |
| PSG 400   | Polysomnography Clinical I                                 | 216         |
| PSG 401   | Polysomnography Clinical II                                | 216         |
|           | Total  | 582         |

## **Polysomnographic Technology Course Descriptions**

### **PSG 100 – Introduction to Sleep**

An introductory course on the history of sleep medicine, patient pathways, medical ethics and professionalism, and basic medical terminology. The course will also cover the duties and standard of conduct of a polysomnographic technologist.

Clock Hours: 8

Prerequisite: none

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

### **PSG 150 Anatomy of Sleep & Wakefulness**

This course is a review of the structures and functions of the heart, lung, brain, and nervous system. The course covers in detail anatomy and physiology relevant to sleep and sleep disorders including the cardiovascular, respiratory, and neurological systems; clinical evaluation of sleep and wake; and normal and abnormal physiology and behavior of sleep.

Clock Hours: 8

Prerequisite: PSG 100

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

### **PSG 160 – Oxygen Use and the Respiratory System**

This course will cover how to properly administer oxygen during a sleep study, how pulse oximetry works, how to troubleshoot pulse oximetry, the basics of oxygen transportation, functions of related musculature, respiratory illnesses effects on PSG, and review of related medical charts.

Clock Hours: 5

Prerequisite: PSG 150

Faculty: Ashley Graham, MPA, RPSGT

### **PSG 200 - Sleep Disorders**

An overview of sleep disorders including the major categories of sleep disorders according to the International Classification of Sleep Disorders, description of the signs and symptoms associated with major categories of disorders, normal sleep architecture, human anatomy related to sleep disorders, differentiation between disorders based on clinical and polygraphic signs and symptoms, and diagnosis and treatment of sleep disorders.

Clock Hours: 8

Prerequisite: PSG 150

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

### **PSG 210 – Infection Control and Safety**

The Infection Control class covers infection control, patient safety, and employee safety in sleep centers.

Clock Hours: 8

Prerequisite: PSG 200

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

### **PSG 220 - The 10-20 System and Proper Electrode and Sensor Placement**

This course covers the 10-20 system and proper electrode placement including: determining electrode placement location for EEG, EOG, ECG, and EMG across patient ages and conditions and site preparation.

Clock Hours: 8

Prerequisite: PSG 210

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

PSG 230 – Adult Sleep Staging and Scoring

A course on the protocol of scoring adult staging and events, recognizing artifact, protocols and generating verifying reports. Further it will cover identification of sleep stages, arousals, respiratory events and patterns, movement events and patterns, and summations.

Clock Hours: 24

Prerequisite: PSG 220

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

PSG 240 – Pediatric Sleep

This course is an overview on pediatric staging and scoring, studies and the interaction between the technologists, parents and child.

Clock Hours: 8

Prerequisite: PSG 230

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

PSG 250 - ECG

This course will cover how to analyze and recognize arrhythmias and abnormal ECG, define clinical manifestations of arrhythmias, review cardiac emergency protocol and scoring rules.

Clock Hours: 8

Prerequisite: PSG 240

Faculty: Ashley Graham, MHA, RPSGT

PSG 275 - Instrumentation

This course covers the fundamental concepts of instrumentation including selection and preparation of appropriate equipment, recording montage design for PSG, recognition of recording artifact, and basic principles of biopotential recording and digital data acquisition.

Clock Hours: 24

Prerequisite: PSG 240

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

PSG 280 – Troubleshooting Sleep Equipment

This course will cover recognition of artifact and correct methods of troubleshooting sleep equipment, problems that may arise during or prior to PSG, and systematic methods for problem solving.

Clock Hours: 5

Prerequisite: PSG 275

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

PSG 290 - Therapeutic Intervention

An overview of the basics of CPAP, BPAP, O2 therapy and different mask interface devices for CPAP and BPAP therapy.

Clock Hours: 8

Prerequisite: PSG 280

Faculty: Ashley Graham, MHA, RPSGT

**PSG 295 - Alternatives to PAP Therapy**

This course covers alternative therapies including dental devices and surgeries.

Clock Hours: 5

Prerequisite: PSG 290

Faculty: Ashley Graham, MHA, RPSGT

**PSG 300 - Pharmacology of Sleep**

This course is an overview on how different classes of drugs affect wakefulness and sleep.

Clock Hours: 5

Prerequisite: PSG 295

Faculty: Ashley Graham, MHA, RPSGT

**PSG 310 - Seizures and Epilepsy**

This course will cover the protocol for recognizing and categorizing seizures and provide further information on seizures and epilepsy including: identification of symptoms of seizures, differentiation between seizures and epilepsy, scoring of seizures on PSG, identify different types of seizures, physiological understanding of a seizure, and emergency procedures for seizure patients.

Clock Hours: 5

Prerequisite: PSG 300

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

**PSG 350 – Patient Interaction in the Sleep Lab**

This course covers the correct interaction of staff with patients, problems that may arise and methods of problem solving. This course covers a wide scope of possible patient issues and strategies for overcoming problems.

Clock Hours: 5

Prerequisite: PSG 310

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

**PSG 360 – Policies and Procedures and Proper Documentation**

This course is an overview of sleep policies and procedures and documentation for sleep studies.

Clock Hours: 8

Prerequisite: PSG 350

Faculty: Sherry Plante, MPH, CPH, CCSH, RPSGT

**PSG 400 - Polysomnography Clinical I**

This course is the clinical application of polysomnographic testing at an affiliated sleep disorder center. This includes patient interaction, application of testing equipment, scoring studies and monitoring sleep behavior. Includes the first 6 weeks of clinical.

Clock Hours: 216

Prerequisite: PSG 360 and complete and provide documentation of the following:

- Criminal background check compliant with host facility requirements
- Negative Tuberculosis (TB) test within the past twelve (12) months
- Negative drug screen
- Current CPR certification
- Proof of standard healthcare vaccinations consistent with CDC and clinical facility requirements (which

may include, but are not limited to: Hepatitis B, MMR, Varicella, Tdap, Influenza, and COVID-19 if required by the host facility)

- OIG exclusion check and sex offender registry check, if required by the clinical site

All documentation must be submitted to and approved by the Program Director prior to clinical placement.

#### Additional Requirements

Students are responsible for meeting any additional health, safety, orientation, confidentiality, or credentialing requirements established by an individual host clinical facility. These additional requirements may include site-specific training modules, badge access procedures, confidentiality agreements, mask-fit testing, immunization titers, or other facility-mandated compliance standards.

Failure to meet required clinical prerequisites or host facility requirements may delay clinical placement or result in inability to complete the program within the standard timeline.

Faculty: various

#### PSG 401 - Polysomnography Clinical II

This course is the clinical application of polysomnographic testing at an affiliated sleep disorder center. This includes patient interaction, application of testing equipment, scoring studies and monitoring sleep behavior. Includes the second 6 weeks of clinical.

Clock Hours: 216

Prerequisite: PSG 400

Faculty: various

### Admission Requirements

To be considered for acceptance to the Institute, the Program Director needs to receive the following:

- Application
- College Transcripts
- Copy of College Diploma
- License, if applicable

The following requisites must be met prior to or during the program:

- Written and oral communication
- Social or behavioral science
- Biological science
- Computational mathematics
- Computer literacy
- Medical ethics and law
- Basic patient care, comfort and safety
- Emergency preparedness in a medical setting
- Infection control
- Medical terminology

Admission will be based on:

- Proof of Bachelor's degree in related field or a holder of one of the following credentials. Those with Associate degrees may be considered in conjunction with related experience and/or in areas with low populations with bachelor degrees:

- Nursing – (RN, LPN, LVN, NP, ARNP)
- Respiratory Care – (RRT, CRT)  
*These credentials must be granted by the NBRC or a foreign equivalent. State licenses do not fulfill this requirement*
- Electroneurodiagnostic – (R. EEG T., R. EP T., CNIM)
- Physician's Assistant – (PA)
- PhD. in a health-related field
- Medical Doctor – (MD)
- Doctor of Osteopathy – (DO)
- Doctor of Chiropractic – (DC)
- Paramedic – (EMT-P)
- Physical Therapist (PT)
- Occupational Therapist (OT)
- Doctor of Dental Surgery – (DDS)
- Radiology – (RT, RT (R), RT (CT), RT (BD), RT (N))
- Certified Hyperbaric Technologist – (CHT)
- Certified Nuclear Medicine Technologist – (CNMT)
- Certified Cardiographic Technician – (CCT)
- Doctor of Public Health – (DrPH)
- Registered Cardiac Sonographer – (RCS)
- Registered Diagnostic Cardiac Sonographer – (RDCS)
- Registered Cardiovascular Invasive Specialist – (RCIS)
- Doctor of Audiology – (Au. D.)
- Certified Athletic Trainer – (AT)
- Medical Technologist – (MT)
- Doctor of Podiatry – (DPM)
- Certified Rhythm Analysis Technician – (CRAT)
- Clinical Neurophysiologist – (CNP)
- Registered Vascular Technologist – (RVT)
- Certified Pulmonary Function Technologist (CPFT)
- Registered Pulmonary Function Technologist (RPFT)
- Registered Clinical Exercise Physiologist (RCEP)
- Certified Surgical Assistant (CSA)
- Respiratory Physiologist
- Doctoral-level degree (PhD or PsyD) in a health-related discipline
- Registered Polysomnographic Technologist (RPSGT)
- Registered Sleep Technologist (RST)

NOTE: (CPSGT does NOT allow admission).

- Level of related experience
- Customer service experience and skills
- Ability to work in an office environment not subject to variations in temperature, noise, dust, etcetera. Ability to lift and carry 15-20 pounds occasionally. Ability to crouch, bend and twist body.

Prior to admission, students must also submit or complete through Sleep Care:

- Negative Tuberculosis (TB) Test within the last 12 months
- Current CPR certification
- Negative Drug screen
- Applicable criminal background check including OIG exclusion list and national sex offender registry review (permission must be given to Sleep Care to complete this in writing)
- Vaccinations:
  - Hepatitis B
  - Measles, Mumps, Rubella (MMR) (two documented doses or laboratory evidence of immunity)
  - Varicella (Chickenpox) (two documented doses, laboratory evidence of immunity, or provider-verified history of disease)
  - Tetanus, Diphtheria, Pertussis (Tdap) (one adult Tdap dose; Td or Tdap booster every 10 years)
  - Influenza (annual vaccination during each influenza season)
  - Any additional vaccines required by state regulation, outbreak response, or specific clinical assignment
  - Medical and Religious Exemptions: Requests for exemption due to medical contraindication or sincerely held religious belief must be submitted in writing and approved by the Program Director. Approved exemptions may require additional protective measures, including masking, reassignment, or exclusion from certain clinical areas during outbreaks. Students should be aware that clinical sites may not grant waivers which is beyond the control of the Program.

For students who seek re-entrance to the program who have been dismissed or suspended for unsatisfactory progress, they must reapply through the admissions process and demonstrate why they are likely to be successful in the program.

## **Enrollment and Tuition**

The tuition for the Sleep Care Sleep Technology Training Institute certificate program is structured as follows:

- \$5,000 – Students who complete their clinical training at a Sleep Care–approved affiliate clinical site arranged through the Institute.
- \$3,000 – Students who independently locate and secure their own clinical site, provided the site meets all Institute Affiliate requirements and agrees to execute a formal Affiliate Agreement with Sleep Care prior to the start of clinical training.

### **Affiliate Requirements**

Any independently secured clinical site must:

- Meet all CAAHEP, sleep center accreditation, and program accreditation requirements for clinical education

- Provide appropriate one on one supervision by a qualified registered polysomnographic technologist (RPSGT), registered sleep technologist (RST), or other appropriately credentialed and trained staff member
- Agree to support required competency verification and evaluation processes
- Execute a signed Affiliate Agreement with Sleep Care prior to student placement

Failure of a proposed clinical site to meet Affiliate requirements or execute the required agreement may result in reassignment to a Sleep Care affiliate site and the applicable tuition rate adjustment. Prior to enrollment, the Program Director will ensure each student meets all admissions requirements and all required documentation is obtained. The Program Director will only enroll those students, in his/her best judgment, who can reasonably graduate from the program.

Prior to enrollment, each student will have access to the following information:

1. The graduation requirements and expected outcomes of the program
2. The financial obligations they are entering into
3. Their responsibilities and rights under any contracts or agreements they are asked to sign
4. The placement and graduation rates for the for each of the preceding three years
5. The school's most recently available passage rates on related exam(s)

If a person who does not meet the normal basic qualifications for acceptance is enrolled, the Program Director will keep a record of whatever communication has taken place about the prospective student and of the reasons why they were permitted to enroll. Those with associates degrees in a related field or those with other strong backgrounds that lead the program director to believe they could be successful, in times of staffing shortages in a region, may be given special consideration.

Enrollment may be canceled within five calendar days after the date of enrollment provided that the school is notified of the cancellation in writing. If such cancellation is made, the school will promptly refund in full all tuition paid pursuant to enrollment and the refund shall be made no later than thirty days after cancellation. This provision shall not apply if the student has already started academic classes.

## **Academic Calendar**

Students are admitted into the program on a rolling admissions basis. However, each student will be required to begin on a Monday or the first day of the week that the school is open given holiday schedules.

Holidays celebrated: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Day after Thanksgiving, and Christmas Day

## **Advanced placement/transfer of Clock Hours/Clock Hours for experiential learning**

The Institute offers advanced placement to qualified students in which the student and faculty feel that they have the necessary preparation and/or experience in the subject area. This can include coursework or experience in the subject area. Interested applicants should schedule an appointment with the Program Director to discuss advanced placement testing. The student may take the required exam for

each course they would like to test out of and/or show competency in the skills required for each course. If the student receives a passing score of 75% or above then Clock Hours will be given for the course.

## **Grading and Graduation Requirements**

All students must satisfactorily complete 582 Clock Hours of approved courses and pass a comprehensive final exam. Satisfactory completion of all courses and the final exam require a final grade of 75% or higher.

Please Note:

Curriculum requirements are always subject to change. Students are responsible for knowing and following all prerequisites. See the course descriptions located in the Sleep Technology Institute Handbook to identify prerequisites for all courses. The curriculum is reviewed on an annual basis. The curriculum is updated by the instructor if new material or information is made available. The updated curriculum is submitted to the program director for approval. The Institute's transfer and equivalency guides are reviewed at a minimum of once a year.

## **Non-Discrimination Policy**

Sleep Care's Sleep Technology Training Institute is committed to maintaining an environment free from discrimination and harassment. The Institute does not discriminate on the basis of race, color, national origin, sex, age, disability, religion, sexual orientation, gender identity, veteran status, or any other status protected by applicable federal, state, or local law.

This policy applies to all aspects of employment, faculty appointment, student admission, training, promotion, discipline, and program participation. The Institute prohibits harassment, retaliation, and any conduct that interferes with equal opportunity or creates a hostile work or learning environment.

Concerns regarding discrimination or harassment should be reported to the Program Director. All reports will be reviewed promptly and handled in accordance with applicable laws and institutional policies.

## **Attendance Policy for Students**

Students are expected to attend all scheduled classes and clinical shifts. Students who are unable to report to class must directly notify the Program Director at least 2 hours before the start of the scheduled class. Direct notification requires confirmation from the Program Director. If the student does not give proper notification and does not report to class, he/she will be subject to possible immediate termination from the program. If the student is absent for 3 or more consecutive days due to illness or injury, a physician's statement must be provided verifying the reason for the absence and its beginning and expected ending dates. Such verification may be requested for other sick leave absences. If a student fails to report for three consecutive assigned classes without calling in or otherwise notifying the Program Director of the reason for the absence, the student will be deemed to have resigned without notice. A student who leaves class before the end of the class must notify the faculty member.

Any class that was missed must be made up. The student must make arrangements with the faculty member to find a time to make up the missed class.

## **Emergency Closings**

Emergency conditions, such as fire, flood or a snowstorm may require the Institute to close. In the event of severe weather, students are expected to report to class or their clinical shift unless public officials declare a Level III weather related emergency or a blizzard warning. In that case, the Institute will be closed. The program director must be notified if a student is living in an area with a Level III weather related emergency or blizzard warning.

## **Tardiness Policy**

Students are expected to be punctual for all classes and clinical shifts. Students who are tardy for scheduled classes or clinical shifts may be subject to discipline up to and including dismissal.

## **Outside commitments**

Students may hold outside jobs and pursue academic goals as long as they meet The Sleep Technology Training Institute's performance standards. Students will be subject to the program's scheduling requirements regardless of outside commitments. If the program director determines that a student's outside commitments affect his/her performance, the student will be asked to modify or terminate the outside commitment if he/she wants to remain in the training program. Outside commitments that constitute a conflict of interest are prohibited. Students may not receive any income or other benefit from individuals outside the program for material produced or services rendered while training.

## **Student Code of Conduct**

General misconduct is defined as any behavior of a student which compromises the health, safety, peace or property of any other student or Institute staff member or any other way interferes with the operation of the Institute. General misconduct includes, but is not limited to the following behaviors:

- Inflicting or threatening to inflict bodily harm or emotional harm. Whether done intentionally or failure to exercise reasonable care, including threat or action in retaliation for making allegations of misconduct or the use of language which is personally and significantly abusive, degrading and insulting to another.
- Knowingly forging, altering or misusing official Institute documents.
- Theft, malicious destruction, damage, vandalism or misuse of Institute property or the property of others. This includes non-Institute use of the Internet or email systems.
- Disruptive or disorderly behavior including intoxication or indecent conduct and disruptive behavior in class or on Institute property.
- Failure to obey the directive of an authorized Institute official in the performance of his/her duty.
- Causing, making or circulating a false report or warning of fire, explosion, crime or other catastrophe or tampering with any fire, safety, or alarm equipment.

- Hazing, defined as any planned action or created situation, on or off campus that is demeaning to an individual; produces significant mental or physical duress or ridicule; or which recklessly or otherwise endangers the health or safety of any person.
- Possessing a firearm or any dangerous weapon on campus.
- The use, distribution or possession of illegal drugs or alcohol on campus.
- Unauthorized solicitation including selling, collection monies and promoting on campus or within Institute buildings.
- Participating in any unauthorized demonstrations or activity which disrupts the functions of the Institute.
- Improper relationships with patients.
- Entry upon the property of the Institute or into and Institute facility or any portion thereof which has been reserved, restricted or placed off limits; or any unauthorized presence in any Institute facility after closing hours; or unauthorized possession of a key to any Institute facility.
- Violating any state, federal, or local law on Institute premises or violating Institute rule or regulations.
- Using or attempting to use records, assess to which has not been authorized by the proper Institute official
- Making copies of copyrighted software or other materials.

Violations of any provision of the student misconduct policy shall be reported in writing to the program director. The report of the incident shall include the date, time, place and nature of the alleged violation and any documents or statements of witnesses relative to the charge. The student shall have the alleged violation heard by the program director:

(a) The student agrees to abide by the decision of the hearing official and the hearing official's decision is considered final, subject to the student's right to appeal as contained in the subsections (c) below. The student will be informed of the decision in writing.

(b) Sanctions the program director may recommend include:

- Disciplinary suspension from the Institute not to exceed three full academic terms.
- Disciplinary dismissal from the Institute.

(c) A student found by the program director to have violated the student conduct policy has the right to appeal in writing within thirty days of the decision. The only grounds for such an appeal are prejudicial error, prejudicial error a finding of fact, discovery of substantial new facts unavailable at the time of the decision, or excessive severity of the sanction. If it is determined that the asserted grounds for appeal are valid, the charges may be referred for a new hearing. The decision on the appeal shall be final.

## **Harassment**

The Sleep Technology Institute believes that all employees and students should be able to work and learn in an environment free of all discrimination and any form of harassment. To help ensure that employees and students are not subjected to illegal harassment and in order to create a comfortable work and learning environment, the Institute strongly opposes and prohibits any offensive physical, written, spoken, or nonverbal conduct as defined and prohibited by state and federal law.

For more information or if you or someone you know is being harassed, you should contact the Program Director.

## **Tobacco, Vaping, Drug, and Alcohol Use**

The Sleep Technology Training Institute values the health and safety of its students and employees and therefore supports local, state, and federal laws concerning illegal drugs, vaping, and smoking tobacco. Students who possess, use or distribute illegal drugs or alcohol will be in violation of Institute policy and will be subject to disciplinary action. Additionally, smoking and vaping is not permitted in the buildings or on the grounds of the Institute or any affiliated facilities. Students who violate these policies could also be subject to arrest and prosecution under applicable local, state or federal laws.

## **Drug and Alcohol testing**

Drug and alcohol tests will be conducted in the following situations. (There is no requirement of certainty.) A positive drug test will result in disciplinary action, including suspension or dismissal, even for the first offense.

(a) Pre-Acceptance: Any offer of acceptance to the program is conditioned upon the satisfactory completion of a drug test and a negative result.

(b) Reasonable Cause: Reasonable cause is defined to include, but not limited to, evidence that a student is or was using alcohol or ac controlled substance drawn from facts and inferences such as observable physical or behavioral changes, a pattern of abnormal conduct, deteriorating performance, excessive tardiness or absenteeism, report by a credible source, the identification of a student as the focus of a criminal investigation into illegal drug or alcohol activity, repeated or flagrant violations of safety or work rules and/or involvement in a serious accident or unsafe practice under circumstances which give rise to a suspicion that the accident or unsafe practice may have been attributable to drugs or alcohol.

(c) Post Accident: Students involved in an accident on Institute or any affiliated facilities premises will be required to report for drug-testing if any of the following circumstances:

- A fatality occurred
- Bodily injury to the student, faculty member, patient, and/or another person that requires off or on-site medical attention
- Vehicular damage in apparent excess of \$1,000
- Non-vehicular property damage in apparent excess of \$100

Students may be required to report for post-accident drug testing if other circumstances indicate that the prohibited use of drugs or alcohol may have been a factor in the accident.

## **Security Inspections**

The Sleep Technology Training Institute reserves the right to inspect, on a random or other basis, with or without notice, any desk, locker, or personal property of students, such as lunch boxes, purses, tool boxes, or any other container or bag, that is on Institute or any affiliated facilities premises, including the Institute or any affiliated facilities parking lot. The Institute may require any student to allow access to their personal vehicle parked on Institute or any affiliated facilities property for the purpose of a security inspection.

## **Institute Equipment**

Equipment essential in accomplishing training is expensive and difficult to replace. When using Institute property, students are expected to exercise care and follow all operation instructions and safety guidelines. No student is to operate any company equipment unless he/she has been trained in the safe and proper operation and maintenance of the equipment he/she is operation.

Students are responsible for the safekeeping of equipment that is furnished to them. This includes cell phones, cameras, laser levels, digital transits, etc. Any damage or equipment failure should be reported to the supervising faculty member immediately. Equipment or supplies are not to be removed from Institute property without proper authorization. Failure to get authorization may result in immediate disciplinary action, up to and including dismissal.

## **Recording Devices**

To maintain the security of our premises, personnel and systems, The Institute prohibits unauthorized photography or recording (audio or video) of employees, students, patients, or confidential documents. Students may not use a cell phone, PDA or any other handheld device in a manner that violates our No Harassment Policy, Equal Employment Opportunity Policy, or other Institute policy. Students may not use a cell phone, PDA or any other handheld device that may be perceived as insulting, disruptive, obscene, offensive, or harmful to morale. Students who violate this policy are subject to discipline, up to and including immediate dismissal.

## **Personally Owned Cell Phones, PDAs, and Other Handheld Devices**

While training, students are expected to exercise the same discretion in using personal cell phones, PDAs, and other handheld devices as is expected for the use of all Institute devices and equipment. (Hereafter, these devices are collectively referred to as "handheld devices".) Excessive use of personal handheld devices during a class or clinical shift can interfere with your productivity and be distracting to others. A reasonable standard is to limit personal calls while training to no more than one or two per day as needed. Students are, therefore, asked to use these handheld devices on non-class/clinical time and to ensure that friends and family members are aware of the Institute's policy. Flexibility will be afforded in circumstances demanding immediate attention. The Institute will not be liable for the loss of handheld devices brought to any of its affiliated facilities.

## **Policy and Procedure for Student Clinical Work**

The student must perform clinical work at an approved lab under direct supervision of a registered polysomnographic technologist after successfully passing the first four weeks of classes and HIPAA training. The student shall be orientated at each individual sleep lab that clinical work is being performed on specific protocols, procedures, and policies of that lab.

During clinical rotations students shall adhere to the following criteria:

- The student must meet attendance requirements
- The student must follow all policies, procedures, and standards of the clinical site
- The student may not work over 40 hours in a week
- The student will be supervised at all times with patients
- The student shall complete all competencies listed in the weekly competencies checklist
- The student will be CPR certified and have had a negative TB test within the last year. If the test is positive, a letter from a physician approving them to work must be on file.
- The student will not engage in behaviors that jeopardize the safety and welfare of self and/or others, including clients, patients, customers, and co-workers
- The student shall report any inappropriate behaviors or situations in accordance to the Student Grievance Procedure

## **Withdrawal Procedure**

Students may withdraw from the program through the third week of the term. To withdraw from the program, it is necessary for the student to notify the Institute by submitting a completed Withdrawal Form to the Program Director during business hours. Receipt of the revised schedule, either in person or by mail, is the student's verification of completed registration transactions. Failure on the part of the student to follow withdrawal procedures will result in a failing grade.

## **Refunds**

If the student is not accepted into the training program, all monies paid by the student shall be refunded. Refunds shall be made in accordance with Ohio Administrative Code section 3332-1-10.1. There are two (2) half semester academic terms for this program that are each 291 clock hours in length. Refunds for tuition and refundable fees shall be made in accordance with following provisions:

1. A student who starts class and withdraws before the academic term is 15% completed will be obligated for 25% of the tuition.
2. A student who starts class and withdraws after the academic term is 15% but before the academic term is 25% completed will be obligated for 50% of the tuition.
3. A student who starts class and withdraws after the academic term is 25% complete but before the academic term is 40% completed will be obligated for 75% of the tuition.
4. A student who starts class and withdraws after the academic term is 40% completed will not be entitled to a refund of the tuition and fees.
5. Students to complete the online coursework but do not enroll in PSG 400 will be refunded any monies over \$2500.

The school shall make the appropriate refund within thirty days of the date the school is able to determine that a student has withdrawn or has been terminated from a program. Refunds shall be based upon the last date of a student's attendance or participation in an academic school activity.

## **Student Grievance Procedure**

If a student believes that any of the following situations has occurred:

Error in evaluation or recording of a grade  
Attending over 40 hours in a week  
Being left unsupervised in a clinical setting  
Lack of resource availability  
Lack of availability of faculty members  
Unfair testing procedures  
Any other situation deemed inappropriate

The student shall discuss the case with the applicable staff member first. If the problem cannot be resolved in that manner, program director will be notified by the student in writing within two weeks of being unable to resolve the issue with the staff member. After consulting with the appropriate parties, the program director will inform the student in writing, the result of the consultation within seven calendar days of this consultation.

## **Faculty Grievance Policy and Procedure**

The Faculty Grievance Procedure is available to all faculty members of the Sleep Technology Training Institute, including full-time, part-time, and adjunct faculty, who have concerns regarding decisions involving any aspect of their employment or instructional responsibilities. The Institute encourages informal resolution whenever possible; however, a formal grievance process is available if concerns are not resolved through discussion with the Program Director.

At the beginning of each academic year, a three-member Grievance Committee will be appointed by the Program Director. Members will serve for one academic year or until successors are appointed. Committee members shall not have direct involvement in the grievance under review.

#### Procedure

1. Informal Resolution: Faculty are encouraged to discuss concerns directly with the Program Director within 30 calendar days of the event.
2. Formal Submission: If unresolved, the faculty member must submit a written grievance within 90 calendar days of the event or awareness of the event. The grievance must include the date, description of the issue, individuals involved, and requested resolution.
3. Acknowledgment: Within two working weeks of receipt, the Program Director (or designee if the Director is the subject of the grievance) will acknowledge the grievance in writing.
4. Committee Review: The Grievance Committee will review documentation, may request additional information, and may schedule a hearing if necessary. Both the grievant and respondent may present evidence, identify witnesses (submitted at least five days prior to any hearing), and bring one advisor. Advisors may not participate in deliberations.
5. Confidentiality and Records: The Committee will have access to relevant institutional records, consistent with applicable law and confidentiality protections.
6. Recommendation: Within two weeks after deliberation, the Committee will issue a written recommendation to the Program Director.
7. Final Determination: The Program Director (or appropriate administrative authority) will issue a final written decision within two weeks of receiving the Committee recommendation.
8. Record Retention: If a grievance is denied after exhaustion of procedures, references to the grievance will be removed from the faculty member's personnel file, except where legally required to retain documentation.

#### Non-Retaliation

Retaliation against any faculty member for filing or participating in a grievance is strictly prohibited.

### **Transcripts**

A transcript is an official record of all classes a student has taken at the Institute. The transcript lists a student's grade for each class by term.

Official copies of the student's transcript can be obtained by written request to the Program Director.

### **Placement Assistance**

Sleep Care will actively assist students with job placement including forwarding nationwide job openings, resume assistance, interviewing techniques, and professional attire information. Students should contact the Program Director for details.

## **Substantive Change Policy**

In accordance with the CAAHEP Standards and Guidelines for the Accreditation of Educational Programs in Polysomnographic Technology (revised 2026; effective 7/1/2026), the Sleep Care Sleep Technology Training Institute will report substantive changes to the Committee on Accreditation for Polysomnographic Technologist Education (CoA-PSG) and CAAHEP within two weeks of occurrence, consistent with Standard V.E. (Substantive Change).

Substantive changes include, but are not limited to:

- Change in the institution's legal status or form of control
- Change in award level
- Addition of or conversion to distance education delivery
- Change in program sponsorship
- Change in required program personnel (Program Director, Medical Director)
- Significant curriculum revision affecting program goals or learning outcomes
- Initiation or termination of clinical affiliates that materially affect clinical education capacity

The Program Director is responsible for identifying potential substantive changes and notifying the sponsoring institution's administration. Written notification will be submitted to CoA-PSG and CAAHEP within required timeframes as defined by accrediting body policy.

The Institute will maintain documentation of all reported substantive changes and any correspondence with CoA-PSG and CAAHEP. When required, updated self-study materials or additional reports will be submitted in accordance with accreditation policies.

The Institute remains committed to maintaining full compliance with CAAHEP accreditation Standards and ensuring that any program changes do not adversely affect students, program outcomes, or educational quality.

### Withdrawal Form

Date: \_\_\_\_\_ Quarter/Year: \_\_\_\_\_

Name (Last, First, MI): \_\_\_\_\_

Social Security Number: \_\_\_\_\_

I request permission to withdraw from the Institute.

I request permission to drop the following course(s), but not withdraw from the Institute.

| Course No. | Course Name | Clock Hours | Instructor |
|------------|-------------|-------------|------------|
|            |             |             |            |
|            |             |             |            |
|            |             |             |            |
|            |             |             |            |
|            |             |             |            |
|            |             |             |            |
|            |             |             |            |

The reason for this request is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Today's Date

Action:  Approved  Disapproved

Effective date: \_\_\_\_\_

\_\_\_\_\_  
Authorized Signature

## Application for Admission

We are an equal opportunity institute and do not unlawfully discriminate in admission. No question on this application is used for the purpose of limiting or excluding any applicant from consideration for acceptance on a basis prohibited by local, state, or federal law. Equal access to the program is available to all persons. Any applicant requiring reasonable accommodation during the selection process should notify a representative of Sleep Care.

Applicant name: \_\_\_\_\_ Date: \_\_\_\_\_

Previous name (other name under which your transcripts might appear): \_\_\_\_\_

Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_ Social Security #: \_\_\_\_\_

Cell phone #: \_\_\_\_\_ Email address \_\_\_\_\_

Date you will be available to begin program: \_\_\_\_\_

How were you referred to us? \_\_\_\_\_

### Educational History

|  |
|--|
| <b>High School</b><br>School Name: _____<br>Location: _____<br>Date of Graduation: _____   |
| <b>College</b><br>School Name: _____<br>Location: _____<br>Date of Graduation: _____<br>Course of Study: _____ Degree Earned: _____<br>Licensure/Credential info (if applicable) _____ |

Please attach to this form the following items: college transcripts, college diploma, licensure/credential proof (if applicable) and a one page personal statement about why you desire to enroll in this program. I certify that the information in this application is true and complete to the best of my knowledge and that I understand that inaccurate information may affect my enrollment.

I understand that it is the policy of Sleep Care, Inc. not to refuse to enroll or otherwise discriminate against a qualified individual with a disability because of that persons need for a reasonable accommodation as required by the ADA. I agree as part of the admissions process to have a criminal background check, drug screen, TB test, OIG fraud check, and sex offender check completed. I represent and warrant that I have read and fully understand the foregoing, and that I seek admission under these conditions.

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_