



WHAT ARE YOU UP FOR?

MY LIFE AS



A SLEEP TECHNOLOGIST: JONATHAN MILLER

Jonathan learned about careers in sleep technology from his father, who's in the field. However, Jonathan's interest in the career is entirely his own. "I love dealing with children, specifically, but I like dealing with people, in general," Jonathan said. "In sleep, you have to enjoy talking to people and being able to work with them. That's a key part of any medical field but a part of sleep, particularly, because when their sleep is not right, it affects people during their day."

Houston employs more than 350,00 healthcare professionals. One of eight jobs in the region is in healthcare. Numerous positions offer on-the-job educational opportunities to enhance professional growth and technical knowledge.

Jonathan completed the Accredited Sleep Technologist Education Program, which can be done online, and received training towards his license and registration on the job. He works with a team of technologists and physicians to help patients with sleep-disordered breathing.

REQUIREMENTS:

High school diploma or GED; Registered Polysomnography Technologists (RPSGT) by the Board of Registered Polysomnographic Technologists (BRPT) Sleep Technologist registry by the American Board of Sleep Medicine

SALARY:

\$40,000 - \$60,000

CAREER PATH:

Sleep trainee, sleep technician, sleep technologist, senior sleep technologist

ADVANCEMENT:

Advancement can include sleep health educator, night supervisor, sleep center manager, sleep center director, and sleep program manager

TIPS FOR SUCCESS:

Patience, compassion, and good communication are important skills for this field. "Without those things you won't be able to give proper patient care," Jonathan said. "Beef up your communication skills," he advised.

KEY CAREER RESPONSIBILITIES:

Sleep technologists are responsible for the care, comfort and safety of patients, while performing sleep studies and documenting the results. Communicate effectively with patients, members of the patient's family, the sleep medicine physician, colleagues, and other medical professionals.

ADDITIONAL RESOURCES:

Board of Registered Polysomnographic Technologists (BRPT): www.brpt.org;

American Academy of Sleep Medicine (AASM): www.aasmnet.org;

American Association of Sleep Technologists (AAST): www.aastweb.org