BSM Eligibility Requirements for Certification in Behavioral Sleep Medicine

I. Goals

The Society of Behavioral Sleep Medicine (SBSM) authorizes the administration of an application and examination process to certify professionals with expertise in Behavioral Sleep Medicine (BSM). The primary purpose of the examination is to certify the knowledge and competency of clinicians practicing in this field. The establishment of eligibility and training criteria for this certification is also intended to guide how training is structured at the graduate, post-graduate, and continuing medical education levels.

II. Background

As the knowledge base in sleep disorders has expanded so has the scientific and clinical specialty referred to as Behavioral Sleep Medicine. The term denotes the two fields from which this specialty field has emerged - Health Psychology/Behavioral Medicine and Sleep Medicine - and suggests that training, research and clinical practice within this field is behaviorally focused. The domain of Behavioral Sleep Medicine (BSM) comprises the behavioral dimensions of normal and abnormal sleep. BSM scope of practice includes the prevention, assessment and behavioral treatment of sleep disorders. BSM certification was first administered in 2004 by the American Board of Sleep Medicine (ABSM) until its discontinuation in 2013.

III. Certification

Clinicians who successfully meet eligibility requirements and pass an examination will have met all requirements to be granted a certification in behavioral sleep medicine by an SBSM-sponsored board of certification. Individuals previously certified by the ABSM automatically meet eligibility criteria and are exempt from examination requirements.

IV. Eligibility Requirements for Examination

BSM certification requires a combination of appropriate educational background, clinical experience, and a passing grade on the BSM examination. The following eligibility requirements outline the credentials and training necessary to sit for the BSM examination.

A. Graduate level (masters or doctorate) degree in a health-related field from an accredited institution of higher learning.
B. A currently valid license granted by a state, provincial or federal authority to provide clinical services.

C. Completion of one of the following BSM training tracks:

1. Standard Track: Formal SBSM-accredited graduate or post-doctoral BSM training program.

2. Alternate Track: Equivalent training and experience totaling 500 hours of training and supervised clinical experience.

   a. **Didactic Training** - Minimum of 120 contact hours of continuing medical education (CME) and/or equivalent graduate level course work (one graduate course equivalent to approximately 30 CME hours).

   b. Didactic content must be in the areas of cognitive-behavioral theory, cognitive-behavioral interventions, behavioral medicine, and behavioral sleep medicine including a minimum of:

      1) 60 hours in behavioral sleep medicine encompassing normal and abnormal sleep, differential diagnosis of sleep conditions, diagnostic monitoring tools in sleep medicine, psychological factors affecting sleep, and behavioral treatments of sleep disorders.

      2) 30 hours in cognitive-behavioral theory, cognitive-behavioral interventions, behavioral medicine, or applied behavioral analysis.

      3) 15 hours mental health assessment and diagnosis

   c. Evidence of training must be provided by copies of graduate-level transcripts and/or continuing education certificates.

   d. **Clinical Experience** - 250 hours of documented post-degree clinical experience under the consultation of a licensed clinician certified in BSM.

      1) This must involve a minimum of 150 hours direct BSM patient care.

      2) The required hours of BSM/behavioral medicine training and experience must have taken place within a 3-year period.

      3) No more than 40 hours per week can be counted towards these requirements. A minimum of one hour of direct individual or group
consultation per week is required for trainees working full-time in the field (face-to-face, video-conference, or phone). If training is extended, the frequency of consultation should be accordingly adjusted.

4) Consultant review of a minimum of 8 recorded clinical sessions or case demonstrations including:

   a) 2 behavioral sleep medicine evaluations

   b) 3 insomnia cases

   c) 3 cases involving circadian rhythm disorder, CPAP adherence, or parasomnia treatment

e. Other Training/Experience (130 hours) - This may include further clinical experience, didactic training and/or research in behavioral sleep medicine.

V. Applicants must complete and submit a Training Verification Form including documentation of training and clinical experience.

VI. BSM Examination - Applicants who meet eligibility criteria will be required to take a written examination testing the applicant’s knowledge of the field of BSM and its scope of clinical practice.