Eligibility Requirements for the Society of Behavioral Sleep Medicine
Behavioral Sleep Medicine Certification Examination

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 prevention, assessment and behavioral treatment of sleep disorders. BSM certification was first administered in 2004 by the American Academy of Sleep Medicine (AASM) and later 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 independent board of certification. Individuals previously board-certified in BSM by the AASM/ABSM automatically meet eligibility criteria, are exempt from examination requirements and will be granted certification upon submission of an application.
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 totaling 500 hours of didactic training and clinical experience.

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

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

         i) 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.

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

         iii) 15 hours mental health assessment and diagnosis

         iv) Remaining 15 hours didactic training may be in combinations of the above.
2) Evidence of training must be provided by copies of graduate-level transcripts and/or continuing education certificates.

b. **Clinical Experience** - 250 hours of documented clinical experience completed in consultation with a licensed independent clinician who is board-certified in Behavioral Sleep Medicine or Sleep Medicine. Clinical experience obtained as a graduate student or prior to licensure requires documentation of clinical supervision.

Consultation as defined by these BSM eligibility criteria refers to the provision of clinical practice guidance to a licensed independent clinician by an individual board-certified in BSM or Sleep Medicine. Supervision refers to the direct clinical oversight and responsibility of a supervisor for the clinical activities of an unlicensed student or trainee

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

2) 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 applicants working full-time in the field (face-to-face, video-conference, or phone). If training is part-time, the frequency of consultation should be proportionate to the hours of training per week.

c. **Other Training Activity** - After meeting the minimum 370 combined hours for didactic training and clinical experience, the remaining 130 training hours may include combinations of additional BSM didactic or clinical experience, scientific research, teaching, and presentations.

V. **Documentation of Alternate Track Training/Clinical Experience**

Applicants must complete and submit Training Verification Form(s) included in the application and signed by each BSM consultant or supervisor documenting the applicant meets required training experience. The applicant must provide sufficient detail to enable BSM exam reviewers to thoroughly and fairly review the applicant’s qualifications.

In cases in which a consultant or supervisor is not available to sign the verification form a current BSM consultant or supervisor may sign the form if they are sufficiently satisfied that the applicant has completed the training outlined in the verification form.

VI. **BSM Examination**

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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.