

NorthShore University HealthSystem A-STEP program FAQ

Is your program accredited?

Yes, we are accredited by the American Academy of Sleep Medicine as an A-STEP provider. The American Academy of Sleep Medicine (AASM) accredits providers of the Accredited Sleep Technologist Education Program (A-STEP) Introductory Course. Accredited A-STEP program equips students with the knowledge and skills they need to excel in the profession of sleep technology and is a requirement for sleep technologist certification programs.

Where is the training course held?

Lectures are held at our Old Orchard Sleep Center facility, located at 9977 Woods Drive, Skokie, IL. Clinicals will be available at both Old Orchard and Bannockburn Sleep Centers. Please see locations address below. You can check our website for directions.

Old Orchard Sleep Center

9977 Woods Drive, Suite 178
Skokie, IL 60077

Bannockburn Sleep Center

2151 Waukegan Road, Suite 120
Bannockburn, IL 60015

When and how often is the A-STEP course offered?

We offer A-STEP once a year usually in the fall however; this is subject to change and additional classes may be scheduled.

How is the program structured?

A-STEP course is an eight weeks long program. We have lectures on Saturdays that typically run from 10 am through approximately 5- 5:30 pm. You will have a break for lunch. Additionally, you will have to complete at least two half-nights and two full nights of clinical sessions. Clinicals are offered 7 nights per week. Range of activities during clinical hours may vary from shadowing a technologist to performing set ups independently and will gradually increase with the level of your knowledge.

What happens if I miss a day during the program?

With the course being so comprehensive in such a short period of time, missing a class may risk successful completion of the course. In case of emergency, please contact ASTEP Educational Director for details at 847-663-8205.

Who teaches the class?

NorthShore University Sleep Disorders Center sleep physicians and Registered Polysomnography Technologists both give the didactic lectures during the program. Clinicals are supervised by experienced Sleep center staff technologists.

Are meals included?

Meals are not provided and are not included in the cost of the training program. Please plan on bringing meals with you for all classes.

How will I be notified if I have been accepted into the program?

Once your application has been reviewed, you will be notified via email or phone. We will schedule a short phone or in-person interview. You will be notified of acceptance decision within 10 business days. If you are accepted you will receive an acceptance letter no later than one month prior to the start of the course.

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Once I have been accepted then what is my next step?

You will then need to make full payment either by money order or cashier's check made out to **NorthShore University Health Systems Sleep Disorders Center**. Mail your payment to:

Elena Mikhaylov, RPSGT
A-STEP Program Director
NorthShore University HealthSystem Sleep Disorders Center
9977 Woods Drive, Suite 178
Skokie, IL 60077

Please make sure you submit proof of vaccination to Employee Health (please see the form in application package) no later than 1 week prior to start of the course.

Is there financial assistance or payment plan available?

A-STEP is a specialized program that does not lead to a degree but a certificate of completion therefore; it is not eligible for financial aid. We do offer a payment plan of 4 installments with the full amount paid by the second session of the course. Please notify Program Director if you would prefer to take advantage of payment plan.

Am I able to receive a refund if I withdraw from the course?

You will need to notify the Program Director if you need to withdraw from the course. If notification is given before the second session, the student will be able to receive a full refund less the registration fee. No refunds will be given after the second session.

What happens after I pass the A-STEP Introductory course?

After successfully passing our program, we will notify the American Academy of Sleep Medicine (AASM) and they will send you information regarding an online examination. You will need to pass the online exam with a score of 70% or greater. Next, there is a series of 23 online AASM modules to complete (there is an additional fee for the online exam and modules due to AASM).

How do you become certified or registered in the field of sleep technology?

The Board of Registered Sleep Technologists offers a certification and registry exam for sleep technicians. The American Board of Sleep Medicine also offers a registry exam for sleep technicians. For more information about the exams visit the following websites:

- American Board of Sleep Medicine: <http://www.absm.org/techcertification.aspx>
- Board of Registered Sleep Technologists: <http://www.brpt.org>

Whom do I contact with additional questions?

Elena Mikhaylov: 847-663-8203 or astep@northshore.org

What is the job market for the sleep technologists?

Sleep Medicine is a growing field in health care. Millions of people suffer from any one of the various sleep disorders. There is a demand nationwide for qualified sleep technologists. You can reference the sites below to assess the job market in your area:

- www.indeed.com
- www.monster.com
- www.aastweb.org
- www.careerbuilder.com