



RPSGT

ONE-HOUR-A-DAY

READINESS TRACKER

A visual 16-week study companion aligned to the BRPT blueprint

Build exam readiness. Track your progress. Protect your confidence.

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Sleep Pathways Guild

CANDIDATE NAME: _____

EXAM TARGET DATE: _____

TRACKER START DATE: _____

WEEKLY STUDY TIME: _____

How This Tracker Helps

This tracker helps RPSGT candidates turn one focused hour per day into a measurable study routine. It combines daily logs, weekly dashboards, keyword clusters, missed-question analysis, readiness checks, and resource buckets in one printable study companion.

What students can track

- Official BRPT four-domain study coverage and weekly focus areas.
- Daily 60-minute study completion, active recall practice, and keyword review.
- Practice-question accuracy, missed-question patterns, and weak-area repair.
- Scoring, PAP therapy, setup, patient care, calculations, and report-review confidence.
- Exam-week readiness tasks, resource planning, and personal next steps.

Important candidate note

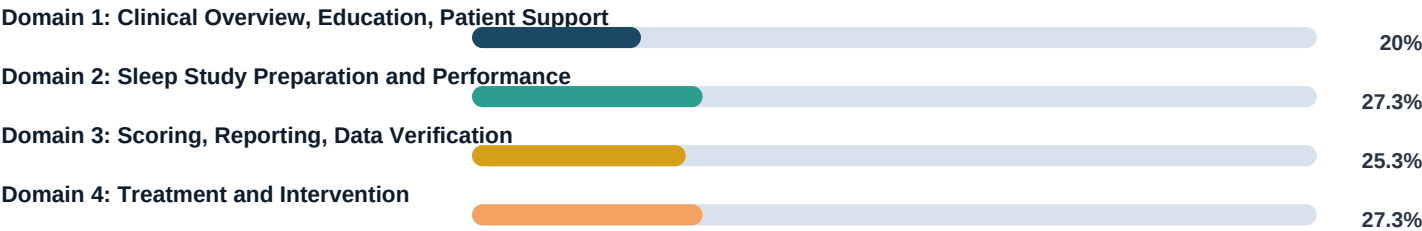
No tracker, study plan, course, app, textbook, or practice test can guarantee a passing score. This tool is designed to help students study consistently, identify weak areas, and build readiness. Always verify current exam requirements, eligibility, scoring rules, and policies directly with BRPT and the current AASM Scoring Manual.

Official Exam Snapshot

Use this page as the anchor for your study plan. The tracker organizes your weekly review around the official four BRPT domains and the student behaviors that most often turn study time into measurable progress.



BRPT blueprint weights



Daily study rule

One hour per day works best when it is active and measurable: recall first, focused content second, questions third, and logging last. If you are newer to sleep technology, extend or repeat the plan to 20-24 weeks rather than rushing.

BRPT study tips state that preparation time depends on the candidate's academic and professional experience and provide a general guideline to allow at least six months to prepare. This tracker is most appropriate as a structured 16-week review for students who already completed training or

are actively working in the field; newer candidates can repeat the cycle or stretch each week into 10-14 days.

The 60-Minute Study Formula

This is the daily engine. Students should check off each block, even when they shorten the session. Protect Active Recall and Synthesis first - those two blocks turn study into data.



Block	Minutes	What to do	Track it
Warm-up	5	Review yesterday's missed questions and one big takeaway.	[]
Core content	25	Study one narrow topic from one BRPT domain. Avoid random reading.	[]
Active recall	15	Answer 10-15 questions or explain concepts from memory without notes.	[]
Keyword drill	5	Define 10 keywords out loud. Any weak keyword goes on your repair list.	[]
Synthesis log	10	Record score, missed topics, error type, confidence, and next action.	[]

Compression protocol

Available time	Keep	Defer
45 minutes	3 warm-up + 20 content + 12 questions + 10 log	Fold keywords into log
30 minutes	15 content + 10 questions + 5 log	Warm-up and keyword drill
15 minutes	10 questions + 5 missed-question log	Everything else

16-Week Visual Roadmap

Use the checkboxes in each week to track Monday-Friday study sessions. Weekend study is optional and should focus on missed-question repair or light review. Week numbers can be stretched if your life or work schedule requires a slower pace.

WEEK 1 Set up + BRPT handbook ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 2 Sleep science + metrics ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 3 Patient care + safety ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 4 Signals + setup ☐ ☐ ☐ ☐ ☐ MTWTF
WEEK 5 PSG procedures ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 6 Respiratory scoring ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 7 Sleep staging + movements ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 8 ASLT/MWT + special studies ☐ ☐ ☐ ☐ ☐ MTWTF
WEEK 9 Reports + quality basics ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 10 PAP modes + interfaces ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 11 Oxygen + alternatives ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 12 Mixed practice block 1 ☐ ☐ ☐ ☐ ☐ MTWTF
WEEK 13 Mixed practice block 2 ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 14 Weak-area repair ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 15 Readiness week ☐ ☐ ☐ ☐ ☐ MTWTF	WEEK 16 Exam-week protocol ☐ ☐ ☐ ☐ ☐ MTWTF

Phase	Weeks	Goal
Foundation	1-2	Set up resources, read the Candidate Handbook, learn the formula, review sleep science basics.
Blueprint Build	3-11	Rotate through the four BRPT domains with extra time on high-weight Domain 2, Domain 3, and Domain 4.
Integration	12-13	Timed mixed practice, missed-question pattern analysis, mock-exam stamina, weak-area repair.
Final Review	14-16	Keyword passes, calculations, logistics, light review, sleep protection, exam-week pacing.

Weekly pacing target

- Minimum: 5 one-hour study sessions per week.
- Better: 5 one-hour sessions + 1 weekend repair session.
- Avoid: skipping all week and trying to make up time in one marathon session.

Week-by-Week Blueprint Plan

Week	Focus	Main objective	Minimum evidence
1	Foundation	Read BRPT Candidate Handbook, confirm eligibility/logistics, set exam target, choose resources.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
2	Foundation	Review sleep architecture, circadian rhythm, basic metrics, and keyword definitions.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
3	Domain 1	Patient assessment, questionnaires, age-specific care, education, therapy support, safety.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
4	Domain 2	Electrodes, sensors, montage, filters, gain, sensitivity, impedance, calibrations, artifacts.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
5	Domain 2	Adult PSG, pediatric PSG, HSAT, MSLT/MWT, lights-out/lights-on, documentation.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
6	Domain 3	Obstructive, central, mixed apnea; hypopnea; RERA; desaturation; AHI/RDI/REI.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
7	Domain 3	Wake, N1, N2, N3, REM; arousals; PLMS; cardiac event recognition; data verification.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
8	Domain 2/3/4	MSLT, MWT, pediatric/special studies, capnography, RBD, seizure monitoring concepts.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated

Week-by-Week Blueprint Plan, Continued

Week	Focus	Main objective	Minimum evidence
9	Domain 3 + professionalism	Technologist summary, hypnogram, histogram, titration table, quality/error review.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
10	Domain 4	CPAP, APAP, BPAP, ASV, NIPPV, acclimation, interface fit, troubleshooting.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
11	Domain 4	Oxygen titration concepts, alternative therapies, indications, contraindications.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
12	Integration	Mixed timed practice, missed-question analysis, top 3 weak areas, targeted repair.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
13	Integration	Mock exam stamina, scoring/PAP scenario practice, cross-domain reasoning.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
14	Final Review	Keyword review pass, calculation practice, weak-area drills, resource verification.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
15	Readiness	Light review, exam logistics, ID check, timing strategy, sleep/wellbeing plan.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated
16	Exam Week	No cramming. Brief keyword glance, arrive early, breathe, answer every question.	☐ 5 sessions ☐ 50+ questions ☐ Missed-Q log updated

Repair loop

When you miss a question, do not just read the explanation and move on. Write the tested concept, classify the error, review the source, and retest the same idea within 48 hours. That is the difference between passive practice and measurable improvement.

Reusable Daily Study Log

Print multiple copies of this page or use one page per week with small handwriting. Every session should create visible evidence of study: minutes, questions, missed concepts, and one next action.

Date	Week	Day	Domain focus		Total minutes
		MTWTFSS			

60-minute block	Target	Actual	Done	Notes
Warm-up	5 min	_____	[]	
Core content	25 min	_____	[]	
Active recall	15 min	_____	[]	
Keyword drill	5 min	_____	[]	
Synthesis log	10 min	_____	[]	

Questions practiced	Correct	Missed	% correct	Confidence
				1 2 3 4 5

One big takeaway today

Concepts that need review

Tomorrow's one next action

Weekly Dashboard Template

Complete this every Sunday. Your dashboard tells you whether your next week should be more content review, more practice questions, more scoring, more PAP logic, or more calculation work.

Week #	Dates	Phase	Target domain(s)
		Foundation / Blueprint Build / Integration / Final Review	

Day	Questions	Correct	Missed	Minutes	Done
Mon					☐
Tue					☐
Wed					☐
Thu					☐
Fri					☐
Sat					☐
Sun					☐
Weekly total					☐

Domain	Days touched	Confidence 1-5	Priority next week?
D1 Clinical / Education		1 2 3 4 5	☐ Yes ☐ No
D2 Prep / Performance		1 2 3 4 5	☐ Yes ☐ No
D3 Scoring / Reporting		1 2 3 4 5	☐ Yes ☐ No
D4 Treatment / Intervention		1 2 3 4 5	☐ Yes ☐ No

Biggest win

Top 3 focus areas for next week

Week 1 Tracker - Set up + BRPT handbook

Focus: **Foundation**. Read BRPT Candidate Handbook, confirm eligibility/logistics, set exam target, choose resources.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 2 Tracker - Sleep science + metrics

Focus: **Foundation**. Review sleep architecture, circadian rhythm, basic metrics, and keyword definitions.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 3 Tracker - Patient care + safety

Focus: **Domain 1.** Patient assessment, questionnaires, age-specific care, education, therapy support, safety.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 4 Tracker - Signals + setup

Focus: **Domain 2.** Electrodes, sensors, montage, filters, gain, sensitivity, impedance, calibrations, artifacts.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 5 Tracker - PSG procedures

Focus: **Domain 2.** Adult PSG, pediatric PSG, HSAT, MSLT/MWT, lights-out/lights-on, documentation.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 6 Tracker - Respiratory scoring

Focus: **Domain 3.** Obstructive, central, mixed apnea; hypopnea; RERA; desaturation; AHI/RDI/REI.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 7 Tracker - Sleep staging + movements

Focus: **Domain 3.** Wake, N1, N2, N3, REM; arousals; PLMS; cardiac event recognition; data verification.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 8 Tracker - MSLT/MWT + special studies

Focus: **Domain 2/3/4.** MSLT, MWT, pediatric/special studies, capnography, RBD, seizure monitoring concepts.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 9 Tracker - Reports + quality basics

Focus: **Domain 3 + professionalism.** Technologist summary, hypnogram, histogram, titration table, quality/error review.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 10 Tracker - PAP modes + interfaces

Focus: **Domain 4.** CPAP, APAP, BPAP, ASV, NIPPV, acclimation, interface fit, troubleshooting.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 11 Tracker - Oxygen + alternatives

Focus: **Domain 4.** Oxygen titration concepts, alternative therapies, indications, contraindications.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 12 Tracker - Mixed practice block 1

Focus: **Integration**. Mixed timed practice, missed-question analysis, top 3 weak areas, targeted repair.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 13 Tracker - Mixed practice block 2

Focus: **Integration**. Mock exam stamina, scoring/PAP scenario practice, cross-domain reasoning.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 14 Tracker - Weak-area repair

Focus: **Final Review**. Keyword review pass, calculation practice, weak-area drills, resource verification.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 15 Tracker - Readiness week

Focus: **Readiness**. Light review, exam logistics, ID check, timing strategy, sleep/wellbeing plan.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Week 16 Tracker - Exam-week protocol

Focus: **Exam Week**. No cramming. Brief keyword glance, arrive early, breathe, answer every question.

Daily goal	Mon	Tue	Wed	Thu	Fri	Weekend repair
5-min warm-up done	☐	☐	☐	☐	☐	☐
25-min content done	☐	☐	☐	☐	☐	☐
15-min active recall done	☐	☐	☐	☐	☐	☐
5-min keyword drill done	☐	☐	☐	☐	☐	☐
10-min log + missed-Q update	☐	☐	☐	☐	☐	☐

Practice	Target	Actual	Notes
Questions this week	50+		
Missed questions logged	All		
Weak keywords repaired	10+		
Readiness check	☐ Complete		

This week's weak-area repair list

Sunday summary: what changed in my readiness?

Missed-Question Log

Missed questions are the most useful data in the whole tracker. Log them immediately. Do not wait until later.

#	Date	Topic / concept	Domain	Why missed	Reviewed	Confidence
1			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
2			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
3			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
4			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
5			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
6			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
7			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
8			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
9			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
10			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
11			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
12			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
13			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
14			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
15			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
16			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
17			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
18			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
19			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5
20			D1 D2 D3 D4	Gap / Misread / Trap	[]	1 2 3 4 5

Weekly pattern analysis

Week	Top missed domain	Most common error	Action taken
1		Gap / Misread / Trap	
2		Gap / Misread / Trap	
3		Gap / Misread / Trap	
4		Gap / Misread / Trap	
5		Gap / Misread / Trap	
6		Gap / Misread / Trap	
7		Gap / Misread / Trap	
8		Gap / Misread / Trap	

Missed-Question Log, Continued

#	Date	Topic / concept	Domain	Why missed	Reviewed	Confidence
21			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
22			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
23			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
24			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
25			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
26			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
27			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
28			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
29			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
30			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
31			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
32			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
33			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
34			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
35			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
36			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
37			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
38			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
39			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
40			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
41			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
42			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
43			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
44			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
45			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
46			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
47			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
48			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
49			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5
50			D1 D2 D3 D4	Gap / Misread / Trap	☐	1 2 3 4 5

High-Yield Keyword Checklist

Use this section during the 5-minute keyword drill. Cover the definitions in your primary source and try to explain each keyword from memory. Check a box only when you can explain the term in your own words.

Domain	Keywords to define from memory	Done
Domain 1 - Clinical Overview, Education, Patient Support	clinician orders; testing indications; history and physical; sleep history; medications; ESS; STOP-Bang; sleep hygiene; PAP desensitization; download report; therapy compliance; patient education	☐
Domain 2 - Sleep Study Preparation and Performance	10-20 system; EEG; EOG; chin EMG; leg EMG; ECG; airflow; effort belts; oximetry; capnography; montage; filters; gain; sensitivity; impedance; biocalibration; artifact	☐
Domain 3 - Scoring, Reporting, Data Verification	Wake; N1; N2; N3; REM; arousal; obstructive apnea; central apnea; mixed apnea; hypopnea; RERA; desaturation; PLMS; AHI; RDI; REI; TST; sleep efficiency	☐
Domain 4 - Treatment and Intervention	CPAP; APAP; BPAP; IPAP; EPAP; pressure support; ASV; NIPPV; mask leak; oral leak; humidification; pressure intolerance; oxygen titration; oral appliance; positional therapy; surgical options	☐

Formula keywords

Keyword	Can calculate/explain?	Needs repair?
AHI	☐	☐
RDI	☐	☐
REI	☐	☐
TST	☐	☐
sleep efficiency	☐	☐
sleep latency	☐	☐
REM latency	☐	☐
WASO	☐	☐
PLM index	☐	☐
oxygen nadir	☐	☐
minutes to hours	☐	☐
percent correct	☐	☐

Practice Set and Mock Exam Tracker

Practice scores do not guarantee exam outcomes. Use them as feedback. Your score matters, but your error patterns matter more.

Date	Type	# Questions	% Correct	Lowest domain	Next repair action
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	
	Practice / Mock			D1 D2 D3 D4	

Question-reading strategy

- Read the last sentence first so you know what the question is asking.
- Look for qualifiers: BEST, FIRST, MOST LIKELY, RECOMMENDED, CONTRAINDICATED.
- Eliminate clearly wrong answers, then choose the single best remaining response.
- Do not let one hard question ruin the next five. Mark, move, and return if time allows.

Readiness Declaration

Complete during Week 15. This is not a guarantee. It is a structured honesty check before exam week.

- ☐ I reviewed the current BRPT Candidate Handbook.
- ☐ I reviewed the current BRPT RPSGT Exam Blueprint.
- ☐ I understand the 175-item, 180-minute structure and the need to answer every question.
- ☐ I studied all four BRPT domains and did not skip lower-confidence areas.
- ☐ I can explain the core terms in each domain without notes.
- ☐ I practiced scoring, calculations, PAP decisions, equipment troubleshooting, and patient-care scenarios.
- ☐ I logged missed questions and reviewed recurring error patterns.
- ☐ I know my exam date, time, testing center, route, and identification requirements.
- ☐ I have a plan for sleep, meals, hydration, and anxiety management during exam week.
- ☐ I understand that preparation improves readiness but cannot guarantee a passing result.

Candidate signature

Date

Encouragement

You are not starting from zero. You are building exam readiness one focused hour at a time. Study with honesty, use your data, protect your rest, and give yourself the best preparation you can.

Resource Buckets

Start with official and free resources. Use paid resources only when they solve a specific weakness: scoring rules, clinical sleep medicine depth, PAP logic, or practice-question stamina.

Bucket 1 - Free official BRPT resources

BRPT RPSGT Exam Blueprint - <https://brpt.org/rpsgt/exam-blueprint/>

Official domain map and exam content weights.

BRPT RPSGT Candidate Handbook - <https://brpt.org/rpsgt/rpsgt-handbook/>

Eligibility, policies, exam-day rules, scoring, sample questions, references.

BRPT RPSGT Study Tips - <https://brpt.org/rpsgt/exam-prep/study-tips/>

Official study advice and preparation reminders.

BRPT RPSGT References - <https://brpt.org/rpsgt/exam-prep/references/>

Official primary reference list and links to guidelines.

BRPT RPSGT Eligibility - <https://brpt.org/rpsgt/eligibility/>

Pathway and documentation review. Verify before applying.

Bucket 2 - Free BRPT-listed / high-value clinical guidelines

AASM Practice Parameters and Clinical Guidelines - <https://aasm.org/clinical-resources/practice-standards/practice-guidelines/>

Use for diagnostic testing, PAP treatment, MSLT/MWT protocols, pediatric indications, and treatment options.

AASM / PubMed Central PAP titration guideline - <https://pmc.ncbi.nlm.nih.gov/articles/PMC2335396/>

High value for PAP titration logic and pressure decisions.

AASM MSLT/MWT adult protocol paper - <https://pmc.ncbi.nlm.nih.gov/articles/PMC8726366/>

High value for MSLT and MWT review.

AASM adult OSA diagnostic testing guideline - <https://pmc.ncbi.nlm.nih.gov/articles/PMC5337595/>

High value for testing indications and HSAT/PSG context.

AASM oral appliance therapy guideline - <https://pmc.ncbi.nlm.nih.gov/articles/PMC4481062/>

High value for alternative therapy review.

Bucket 3 - Sleep Pathways Guild added-value free supports

Sleep Pathways Guild RPSGT Study Webapp - <https://sleeppathwaysguild.com>

Use for keyword practice, study trail work, calculations, and exam-style review.

Sleep Pathways Guild Blog - <https://blog.sleeppathwaysguild.com>

Use for free articles, study strategies, and student support.

Resource Buckets, Continued

Bucket 4 - Paid BRPT-listed resources

AASM Manual for the Scoring of Sleep and Associated Events

Best single paid resource for scoring rules, terminology, technical specifications, adult and pediatric scoring.

International Classification of Sleep Disorders, Third Edition / Text Revision

High value for diagnostic categories and disorder-level understanding.

BRPT RPSGT Study Guide

BRPT-listed exam preparation guide; useful for structured self-study and sample-question orientation.

BRPT RPSGT Practice Exam

Useful for pacing and familiarity. Treat it as feedback, not a prediction.

Bucket 5 - BRPT-listed textbooks and manuals

Fundamentals of Sleep Technology, Third Edition - Chiong, Mattice, Brooks

Strong broad sleep technology foundation.

Polysomnography for the Sleep Technologist: Instrumentation, Monitoring and Related Procedures - Robertson, Marshall, Carno

Strong technologist-focused instrumentation and procedure reference.

Pediatric Sleep Pearls - Marcus, Del Rosso, Berry, Wagner

Useful if pediatric sleep is a weak area.

A Clinical Guide to Pediatric Sleep, Third Edition - Mindell, Owens

Useful for pediatric sleep disorders and clinical context.

Sleep Medicine Pearls, Third Edition - Berry, Wagner

Useful for case-based clinical reinforcement.

Bucket 6 - Paid added-value resources not necessarily on BRPT's primary list

AASM ISR / scoring practice tools

High value only if scoring accuracy is a major weakness and you need feedback-based visual practice.

AAST learning modules or flashcards

Potentially useful for quick review and continuing education, especially for students who prefer structured modules.

A high-quality RPSGT question bank with rationales

Worth considering if it gives domain tagging, explanations, and missed-question analytics. Avoid paying for question banks without clear rationales.

Source-control note

This tracker summarizes resources for educational planning only. BRPT and AASM pages may change. Students should verify current exam details, eligibility, policies, scoring rules, and editions directly from official sources before applying or testing.

Notes and Personal Study Map

Use this page for your own concept map, mentor advice, lab-specific examples, or reminders from your study group.

Final note

The goal is not perfection. The goal is consistent preparation, honest feedback, and steady improvement. We hope this helps you prepare well.