

# Behavioral Sleep Medicine Certification Examination



## Candidate Handbook 2026

Application Deadline	Late Application Deadline*	Testing Window
March 11, 2026	March 25, 2026	April 11 – April 25, 2026
August 12, 2026	August 25, 2026	September 12 – September 26, 2026

**\*Applications will not be accepted after this deadline**

Administered by:



1350 Broadway, Suite 800 | New York, NY 10018  
[www.ptcny.com/contact](http://www.ptcny.com/contact)

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*This Handbook contains necessary information about the Behavioral Sleep Medicine Certification Examination, retain it for future reference. Candidates are responsible for reading these instructions carefully. This Handbook is subject to change.*

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## CONTACT INFORMATION

<p><b>Professional Testing Corporation (PTC)</b> <a href="http://www.ptcny.com">www.ptcny.com</a> (212) 356-0660</p>	<ul style="list-style-type: none"><li>• Apply for examination</li><li>• Obtain general application information</li><li>• Obtain information about testing policies</li><li>• Transfer to a new testing period</li><li>• Request Test Accommodations</li><li>• Request Score Verification</li><li>• Question about score reports</li><li>• Recertification</li><li>• Miscellaneous inquiries</li></ul>
<p><b>Prometric</b> <a href="http://www.prometric.com/BBSM">http://www.prometric.com/BBSM</a> (800) 741-0934</p>	<ul style="list-style-type: none"><li>• Schedule test appointment</li><li>• Reschedule test appointment (within the same testing period)</li><li>• Cancel test appointment</li><li>• Find directions to test site</li><li>• Questions regarding testing sites and appointments</li></ul>
<p><b>Board of Behavioral Sleep Medicine (BBSM)</b> <a href="http://www.bsmcredential.org">http://www.bsmcredential.org</a></p>	<ul style="list-style-type: none"><li>• Training Resources</li><li>• Recertification Information</li></ul>

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## ATTENTION CANDIDATES

This handbook contains necessary information about the Behavioral Sleep Medicine Certification Examination. It is required reading for those applying for and taking the Examination. All individuals applying for the examination must comply with the policies, procedures, and deadlines in this Handbook and attest to this by signing the Candidate Attestation found on the application. Retain this handbook for future reference. This handbook is subject to change. See [www.ptcny.com](http://www.ptcny.com) for handbook updates.

**ACCESSING CELL PHONES AND ELECTRONIC DEVICES AT ANY TIME WHILE YOU ARE TAKING THE EXAM IS PROHIBITED. YOU CAN ONLY REMOVE SNACKS, DRINKS, MEDICINE, OR PERSONAL HEALTHCARE ITEMS FROM YOUR LOCKER - NO BACKPACKS, BAGS, POCKETBOOKS OR CLOTHING CAN BE REMOVED WHILE YOUR EXAM IS IN SESSION.**

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## **NON-DISCRIMINATION STATEMENT**

The Board of Behavioral Sleep Medicine (BBSM) values diversity, equity, and inclusion at all levels of our outreach. It includes the diversity of traditional concepts of diversity (age, gender, race, religion, ethnicity, disability, appearance, sexual orientation, gender identity, personality type), as well as, cultural identity, geographic differences, generational influences, disability, and societal self-expression.

We welcome and respect the unique perspectives, opinions, and experiences of each examinee as this reflects our commitment to serve our stakeholders. We are vested in working towards removing barriers, internally and externally, to achieve true diversity, equity, and inclusion for the professional community we serve.

The BBSM does not discriminate against any individual on the basis of race, color, religion, gender, national origin, age, disability or any other characteristic protected by law.

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## **PURPOSE OF CERTIFICATION**

The Board of Behavioral Sleep Medicine (BBSM) has as its mission the goal of promoting the field of Behavioral Sleep Medicine (BSM) and endorses the certification by examination of qualified health care providers. The certification process is designed to promote excellence in the practice of Behavioral Sleep Medicine by:

1. Recognizing formally those individuals who meet eligibility and examination requirements of the BBSM.
2. Encouraging professional growth of behavioral sleep medicine specialists.
3. Establishing and measuring the level of knowledge required for certification in behavioral sleep medicine.
4. Providing a standard of requisite knowledge required for certification, thereby assisting employers, the public, and members of health professions in the assessment of individuals providing behavioral sleep medicine services.

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## ELIGIBILITY REQUIREMENTS

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 the Board of Behavioral Sleep Medicine.

### Eligibility Requirements for Examination

BSM certification requires a combination of appropriate educational background, clinical experience, and a passing score 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 (upload copy of diploma with application).
- B. All clinical professionals must be licensed in accordance with applicable province, federal, state, and local laws, and must act only within the scope of their state/province license and in accordance with the specific state practice requirements. (upload copy of license with application).
- C. Completion of ONE of the following BSM training tracks:
  1. **Standard Track:** Formal SBSM-accredited graduate or post-doctoral BSM training program (upload copy of training program completion certificate with application and signed Standard Track Attestation Form). Candidates must complete the Standard Track Attestation Form included at the end of this Handbook or in the Application and have it signed by the Program/Training Director of the SBSM-accredited behavioral sleep medicine training program attended. The candidate must provide sufficient detail to enable BSM reviewers to thoroughly and fairly review the candidate's qualifications. The candidate must then submit the Attestation Form(s) by uploading it to the Application.
  2. **Alternate Track:** Equivalent training totaling 500 hours of didactic training and clinical experience.
    - a. Didactic Training – Minimum of 120 hours of continuing education (CE) and/or equivalent graduate level coursework (one graduate course equivalent to 8 CE hours). Continuing education credits must include a certificate of completion from the approving accrediting agency.
      - 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 in 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 uploading 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 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 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 of 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 candidates working full-time in the field (face-to-face, videoconference, 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.

## Documentation of Alternate Track Training/Clinical Experience

Candidates must complete the Alternate Track Attestation Form(s) included at the end of this Handbook or in the Application and have it signed by each BSM consultant or supervisor documenting the candidate meets required training experience. The candidate must provide sufficient detail to enable BSM reviewers to review the candidate's qualifications thoroughly and fairly. The candidate must then submit the Attestation Form(s) by uploading it to the Application.

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

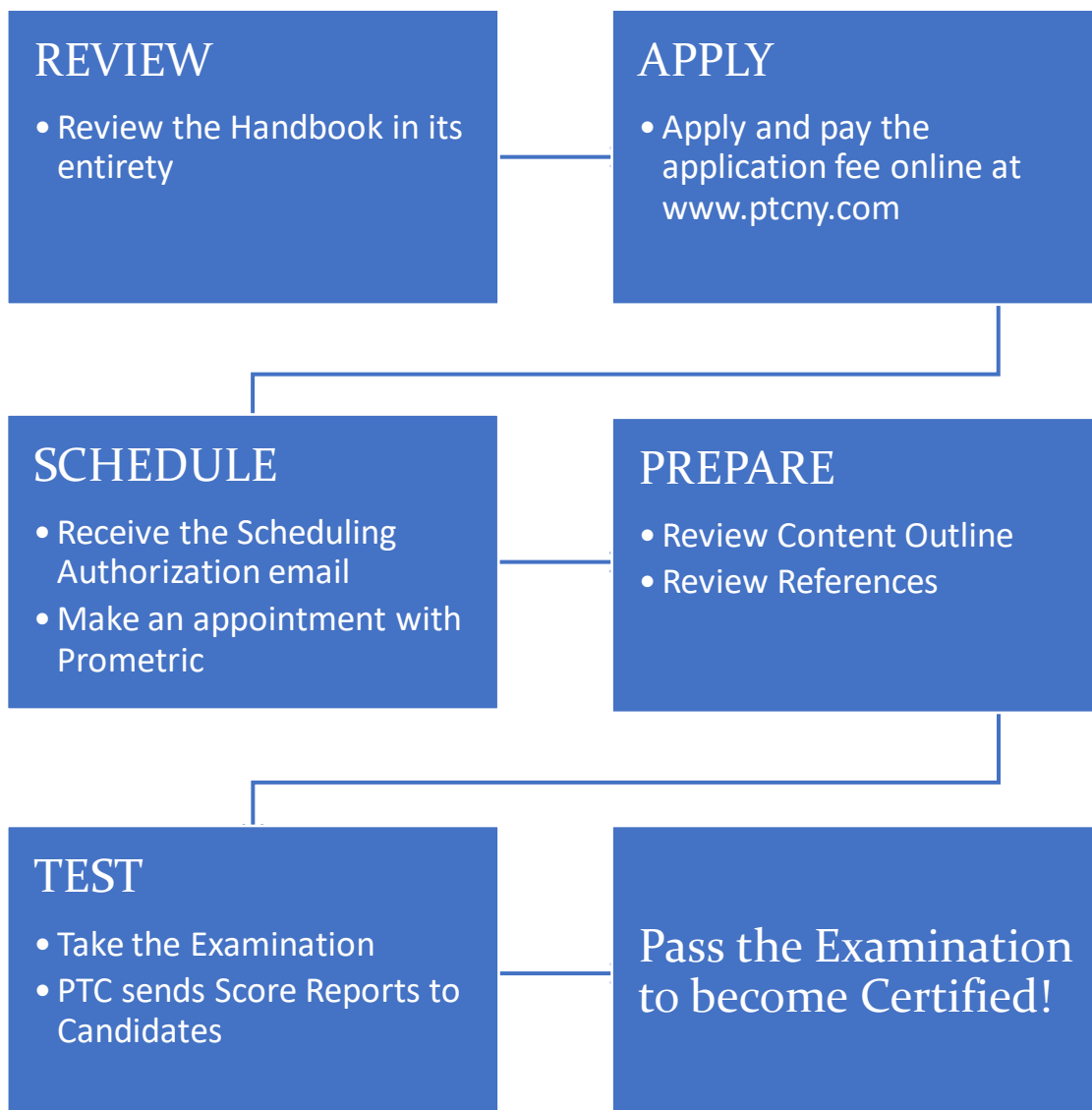
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## DISCLAIMER

State Statutes provide the basic guidelines that recognize Physicians and Allied Health Professionals in their respective states. Medical institution credentialing committees interpret these statutes. These committees, based on their interpretations, decide what privileges to grant individuals applying for employment in their respective institutions. The BBSM examination is a National Certification Examination. It is your responsibility as a passing candidate of this examination to ensure you meet the requirements of your respective State and Institutional Credentialing Committee when applying for medical privileges within your place of employment.

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## THE CERTIFICATION PROCESS



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## COMPLETION OF APPLICATION

### ***Step 1 – Fill Out the Application***

- Go to <http://www.ptcny.com/test-sponsors/BBSM>
  - View testing periods and application deadlines
  - Fill out online application completely and upload supporting documentation.
    - Use your first and last name exactly as it appears on your current driver's license, passport, state issued non-driver ID or military ID.
    - Applications are not complete until all information, documentation, and payment has been provided.
    - When you start a new application, you will be asked to create a user account and password. This account information will be needed to retrieve your score report after the end of the testing window. Keep this information in your records.

### ***Step 2 – Submit Exam Fee and Application for Review***

PTC will send you an email that says that your payment and application have been received and are being reviewed. Allow up to 10 business days for review.

### ***Step 3 – Receive Application Status Update***

- After your application is reviewed PTC will update you with another email.
  - **REOPENED FOR MORE DOCUMENTS**
    - This means we are missing the required documentation. Follow the directions in the email.
    - Applications that are incomplete as of 21 days before the start of the testing window will be refunded minus the administration fee (see fees page 10).
  - **REJECTED**
    - This means you are not eligible to take the exam. The reason will be explained in the email.
    - Rejected applications will be refunded minus the administration fee (see fees page 10)
  - **APPROVED**
    - This means your application is approved. You will move on to Step 4.

### ***Step 4 – Receive Scheduling Authorization and Schedule Testing Appointment***

- Approved candidates will receive an email with their Scheduling Authorization within 11 weeks before the start of the testing window. Scheduling Authorization emails come from [notices@ptcny.com](mailto:notices@ptcny.com). Do not lose this email.
- If you don't receive your Scheduling Authorization email 3 weeks before the start of your testing window, contact PTC.
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The Scheduling Authorization includes important information including:

- Your PTC Candidate ID number
- Instructions on how to make your Exam appointment with Prometric.

**Applicants who are not approved to sit for the examination or whose applications are incomplete 21 days prior to the first day of the testing window will receive a refund of their application fee minus the \$75 administrative fee. Refunds will be processed approximately 30 days after the end of the testing period.**



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## APPLICATION CHECKLIST

The following documentation must be uploaded to the candidate's application (Supporting Documentation section)

- 1. All candidates must upload the following:**
  - a. Graduate level degree in a health-related field from an accredited institution of higher learning
  - b. Current, valid license granted by a state, provincial, or federal authority to provide clinical services
- 2. All Standard Track candidates must also upload**
  - a. Proof of completion of a formal SBSM-accredited graduate or post-doctoral BSM training program
  - b. Completion of a Standard Track Attestation Statement (located at the end of the Handbook)
- 3. All Alternate Track candidates must also upload**
  - a. Evidence of 120 hours of Didactic training (graduate level transcripts and/or continuing education certificates)
    - i. No less than 60 hours of Behavioral Sleep Medicine coursework/CE
    - ii. No less than 30 hours of cognitive-behavioral theory, interventions, behavioral medicine, or applied behavioral analysis coursework/CE
    - iii. No less than 15 hours of mental health assessment and diagnosis coursework/CE
    - iv. Remaining 15 hours in combinations of i. – iii.
  - b. Evidence of 250 hours of clinical experience reported on the Alternate Track Attestation Statement (located at the end of the Handbook)

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## EXAMINATION ADMINISTRATION AND SCHEDULING

The Behavioral Sleep Medicine Certification Examination is administered during an established two-week testing window on a daily basis, excluding holidays, at computer-based testing facilities managed by Prometric.

### Scheduling Examination Appointments

Follow the steps on your Scheduling Authorization to schedule your examination appointment with Prometric.



- Appointment times are first-come, first-served, so schedule your appointment as soon as you receive your Scheduling Authorization.
- **Candidates who wait until the last minute run the risk of missing out on their preferred date, time, and/or testing center. Candidates unable to schedule an appointment will forfeit their fees.**

After you make your test appointment, Prometric will send you a confirmation email with the date, time, and location of your exam. Check this confirmation carefully and contact Prometric at (800) 741-0934 if you do not receive this email confirmation or if there is a mistake with your appointment. **Note: International candidates may also schedule, reschedule, or cancel an appointment online at <http://www.prometric.com/BBSM>.**

### IMPORTANT!

You **MUST** present your current driver's license, passport, or U.S. military ID at the test center. Expired, temporary, or paper driver's licenses will **NOT** be accepted. The first and last name on your Scheduling Authorization **MUST** exactly match the first and last name on your photo ID.

**Fees will not be refunded for exams missed because of invalid ID.**

## Rescheduling Examination Appointments within a Testing Period

Candidates are able to reschedule their examination appointments within the same testing period as long as the request is submitted within the timeframe described below. Reschedule within the permitted time frame by calling or going to the Prometric website: <http://www.prometric.com/BBSM>.

Time Frame	Reschedule Permitted?	Stipulations
Requests submitted 30 days or more before the original appointment	Yes	None
Requests submitted 29 to 5 days before the original appointment	Yes	Candidate must pay Prometric a rescheduling fee of \$50.
Requests submitted less than 5 days before the original appointment	No	Candidates who do not arrive to test for their appointment will be considered a no-show and all their examinations fees will be forfeited. Candidates will need to reapply and pay full examination fees for a future testing period.

## Transferring to a New Testing Period

Candidates unable to take the examination during their scheduled testing period may request a **ONE-TIME** transfer to a future testing period. **There is a transfer fee of \$280.00.** After you have transferred once by paying the \$260.00 fee, you will need to pay the full examination fee to transfer a second time; so, **plan carefully.**

**Note:** requests to transfer to a new testing period must be received within 30 days of your originally scheduled testing period.

Candidates wishing to transfer to a new testing period need to follow the steps below.

1. Go to [apply.ptcny.com](http://apply.ptcny.com).
2. Click "Transfer Existing Application."
3. PTC Support will send you an email letting you know your transfer application was approved and that you can log back into your application and pay the one-time \$260.00 transfer fee.

Call 212-356-0660 if you have any questions regarding the transfer process.

If candidates are unable to attend the examination on the date for which they registered and elect not to transfer to another testing period, the application will be closed, and all fees will be forfeited. There will be no refund of fees.

The transfer fee is based on costs and is not punitive in nature. The transfer fee must be paid at the time the request is approved.

Note: Transferring your Examination only refers to instances when a candidate is unable to take their exam during a testing period for which they have already applied. Candidates who did not pass their examination and are retaking the examination need to pay the full Examination Fee.

### **Failing to Report for an Examination**

If you fail to report for an examination, you will forfeit all fees paid to take the examination. A completed application form and examination fee are required to reapply for the examination.



## EXAMINATION FEES

Fee Type	Amount	Details
Application Fee	US \$445.00	<ul style="list-style-type: none"> <li>• Non-transferable</li> <li>• Includes testing center fees</li> <li>• Includes non-refundable \$75 administrative fee</li> </ul>
Late Fee	US \$75.00	<ul style="list-style-type: none"> <li>• Applies to application submitted after the application deadline listed on the cover of this handbook</li> </ul>
Retesting Fee	US \$370.00	<ul style="list-style-type: none"> <li>• For candidates who previously attempted and failed the examination only</li> </ul>
Transfer Fee (Moving to a new testing window; see page 10)	US \$280.00	<ul style="list-style-type: none"> <li>• <b>Applies to candidates who need to move to a new testing period</b></li> <li>• Must submit new application &amp; fee to PTC</li> </ul>
Recertification by CE Fee <b>Recertification applications are due no later than 30 days before the expiration date on your certificate.</b>	\$200.00	<ul style="list-style-type: none"> <li>• Applies to candidates who have achieved the DBSM</li> <li>• Must submit application and fee to PTC</li> </ul>
Recertification by CE Late Fee <b>The late fee is charged to applications received within one month of the expiration date on your certificate.</b>	\$100.00	<ul style="list-style-type: none"> <li>• Applies to recertification applications submitted after the recertification deadline</li> <li>• <b>Recert applications not accepted after certificate expiration date</b></li> </ul>

### Refund Schedule

- If the candidate's application is rejected, the candidate will be refunded the full examination fee minus the \$75.00 administration fee (total of \$370.00 refunded)
- If the candidate chooses to withdraw their application no later than 4 weeks prior to the start of the testing period the candidate will be refunded minus a \$250.00 fee (total of \$195.00 refunded)
- If the candidate chooses to withdraw their application within 4 weeks prior to the start of the testing period, or if a candidate does not test during their chosen testing period all fees are forfeited.

**No refunds will be issued for applying for the incorrect examination or testing period, for failing to make an examination appointment, or for failing to appear at your scheduled appointment.**

**Be advised: Prometric does not have the authority to grant transfers to another testing period or refunds.**

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## TEST ACCOMMODATIONS

BBSM and PTC support the intent of and comply with the Americans with Disabilities Act (ADA) and will take steps reasonably necessary to make testing accessible to persons with disabilities covered under the ADA. According to the ADA, an individual with a disability is a person who has a physical or mental impairment that substantially limits a major life activity (such as seeing, hearing, learning, reading, concentrating, or walking) or a major bodily function (such as neurological, endocrine, or digestive system).

The information you provide and any documentation regarding your disability and test accommodations is confidential and is not included in scoring or reporting.

All approved testing accommodations must maintain the psychometric nature and security of the examination. Accommodations that fundamentally alter the nature or security of the exam will not be granted. Note that accommodations for an examination (test accommodations) may not be the same as accommodations provided by your employer for your job. You can find more information about testing accommodations under the Americans with Disabilities Act ([www.ada.gov](http://www.ada.gov)).

Requests for Test Accommodations must be uploaded with the candidate's application and fees at least 8 weeks before the start of your testing period. You must complete and upload both Part 1 and Part 2 of this Form at the same time. Missing information or incomplete Forms will result in a delay in processing. **If your Form is incomplete and/or not received at least 8 weeks before the start of the testing period, we cannot guarantee that we can make these test accommodations in time for you to test and you may need to transfer to another testing period and pay the transfer fee.**

To request test accommodations, follow these 3 steps:

1. Download the Request for Test Accommodations Form, available from [www.ptcny.com](http://www.ptcny.com) or by calling PTC at (212) 356-0660.
2. Complete Test Accommodations Form with your doctor/healthcare professional.
3. Upload the completed and signed Request for Test Accommodations Form with the online exam application. Submit your application at least 8 weeks prior to the start of your chosen testing period.

### NOTES:

- Only those requests made and received on the official Request for Test Accommodations Form will be reviewed.
- All requests must be made at the time of application. Accommodations cannot be added to an existing exam appointment.
- Do not go to [www.prometric.com](http://www.prometric.com) or contact Prometric to request test accommodations as they are not authorized to approve accommodations. All requests for test accommodations must be submitted on the PTC Request Form.
- If you need to use your cell phone or another electronic device to monitor a medical condition, such as diabetes, be sure to include this on Part 1 of the Request for Test Accommodations Form

so that we can notify Prometric in advance.

- If you are a nursing parent and will need to use a breast pump during your exam, complete Part 1 of the Request for Test Accommodations Form and submit it at least 8 weeks before your testing period to allow time to make suitable arrangements at the test center.
- Only pre-approved test accommodations will be permitted on the day of the examination. Test center personnel are not authorized to make any changes to the test accommodations on the day of the testing session and any such change may result in your examination score being canceled.

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## PREPARING FOR THE EXAMINATION

- Check your driver's license, passport, non-driver state issued ID or U.S. Military ID.
  - Is it expired?
  - Does the first and last name on your ID match the first and last name on your Scheduling Authorization email?
  - Proctors at the Prometric testing center will refuse admission to candidates with expired ID, IDs with names that do not match their records, and temporary paper IDs. Candidates will be marked as no-shows and will forfeit their exam fees.
- Check your PTC Scheduling Authorization email and Prometric Appointment Confirmation email to make sure everything is accurate (i.e., your first and last name, exam name, appointment date, time and location).
- Make yourself familiar with the location of your test center and parking options and check the weather and traffic conditions before you leave for the test center. Allow plenty of time as late arrival may prevent you from testing.
- In the event of inclement weather, check the Prometric website for site closures: <https://www.prometric.com/closures>
- Prometric's website provides information on what you can expect on your test day, including a walkthrough of check in and security procedures: <https://www.prometric.com/test-center-security>.
- This Handbook provides the Content Outline for the Examination (see appendix). Use this to help you start studying for the examination.
- Review the Prometric Software Tutorial: <https://ptcny.com/pdf/prometricsoftwaretutorial.pdf>
- Review What to Expect at the Test Center and Rules for the Examination on the next pages before your appointment.

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## WHAT TO EXPECT AT THE TESTING CENTER

- Candidate Check-In
  - Candidates will be asked to:
    - present their IDs.
    - empty and turn out their pockets.
    - walk through a metal detector or get “wanded”.
  - Eyeglasses, jewelry, and other accessories will be inspected.
    - Jewelry other than wedding and engagement rings is prohibited.
    - Leave these at home or place them in your locker.
  - Religious headwear may be worn into the testing room; however, it is subject to inspection by test center staff.
  - Prometric provides lockers to store purses, backpacks, mobile phones, jackets, food, drinks and medical supplies.
  - Water in a clear plastic container (no labels) may be brought into the testing room.
  - Candidates are provided scratch paper or whiteboards to take notes during the exam. The scratch paper and/or whiteboards may not be taken with the candidates outside of the testing center. Notes will be destroyed by proctors after the examination.
- During the Exam
  - No breaks are scheduled during the exam.
  - Candidates are only permitted to leave the testing room to use the restroom or access food, drink, or medicine from their assigned locker. The exam timer will NOT be paused.
  - Smoking is prohibited at the testing center.
  - All examinations are monitored and may be recorded in both audio and video format.
- Keep in mind:
  - Other exams will be administered at the same time as your examination.
  - You may hear ambient noises such as typing, coughing, or people entering and exiting the testing room that cannot be avoided.
  - Prometric is unable to provide a completely noise-free environment.
  - Headphones may be requested to minimize the impact of ambient noise.
  - Proctors will periodically walk through the testing room as part of their monitoring process.
  - See [Prometric's website](#) for more information about what to expect on testing day.

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## RULES FOR THE EXAMINATION

Read the information below carefully. You are responsible for adhering to the examination rules while at the testing center.

⇒ **DO NOT BRING**

These items are strictly prohibited at the testing center. Leave these items in your car or your assigned locker.

- Cell phones and all other electronic devices
- Watches
- Jackets/coats/bulky clothing such as sweatshirts
- Hats (except hats worn for religious reasons)
- Jewelry, including watches and wearable technology.



- ⇒ You may NOT access the following at any time during your exam or breaks: papers, books, any reference materials; electronic devices including your cell phone. Candidates may access the following items from their locker: snacks, drinks, medicine, or other personal healthcare items.
- ⇒ No questions concerning content of the examination may be asked during the examination session. Read carefully the directions that are provided on screen at the beginning of the examination session.
- ⇒ You are prohibited from leaving the testing room while your examination is in session, except for going to the restroom. Candidates who do go to their lockers or the restroom will need to repeat the security screening before being permitted to reenter the testing room. **Candidates who leave the center will have their examinations terminated.**
- ⇒ See [Prometric's statement on Test Center Security](#) for more information.

Contact PTC at (212) 356-0660 or [www.ptcnyc.com/contact](http://www.ptcnyc.com/contact) with any questions about the Examination Rules.

**Irregular or improper behavior that is observed, made apparent by statistical analysis, or uncovered by other means before, during or after the examination will be considered a violation of these rules and may constitute grounds for invalidation of a candidate's examination. BBSM will initiate an investigation and request suitable analyses and appropriate documentation.**

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## TESTING CONDITIONS OR EXAMINATION FEEDBACK

Any candidate who feels that the examination effort was negatively impacted by the test center conditions should notify the proctor immediately. The situation should also be reported to PTC at [www.ptcnyc.com/contact](http://www.ptcnyc.com/contact) within 15 days of the test appointment. Any comments about the test itself should also be reported to PTC at [www.ptcnyc.com/contact](http://www.ptcnyc.com/contact) within 15 days of the test appointment.



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## REPORT OF RESULTS

All candidates will be notified via email by PTC, of their official scores (scores on the major areas of the examination and on the total examination will be reported) within approximately four weeks of the close of the testing period. Note that this time is necessary to allow for the psychometric review and administration time required to ensure accurate and reliable scores.

Official scores will not be released at the testing center but will be sent via mail within four weeks following the close of the testing period.

Notify PTC as soon as possible regarding any e-mail address changes to ensure that you will receive your official test scores.

### Scoring Process

To ensure that pass/fail decisions are based on sound testing practices, BBSM uses a criterion referenced standard setting methodology.

The passing score for the BBSM represents an absolute standard and is determined using the modified Angoff technique, a well-established, and widely adopted, consistent approach in the testing industry. A panel of subject matter experts carefully evaluate each item on the examination and estimate the probability that each individual question will be answered correctly by a minimally competent/just qualified candidate. The recommended passing score is then reviewed and approved by BBSM.

### Requesting an Exam Score Verification

Candidates who fail the examination may request a score verification of their data file. Score verification is a manual check of the data file by the testing service to determine if there have been any errors in scoring. Although the probability of such an error is extremely remote, this service is available. Requests for score verification must be received by PTC no later than 90 days after the date of the examination by completing and returning the Examination Score Verification form on [www.ptcny.com](http://www.ptcny.com) with payment of \$35. Candidates who fail the examination will not be permitted to see the examination questions. For reasons of test security, no candidate is allowed to review the examination or any of its items.

To ensure correct reporting of results, PTC automatically performs a score verification of examinations of candidates who score within 3 points of passing as a quality control measure. Thus, it is extremely doubtful that any examination results will change from “fail” to “pass” through score verification.

### Confidentiality of Examination Scores

The Board of Behavioral Sleep Medicine will release the individual test scores only to the individual candidate. Individual scores will NOT be sent to employers, educational institutions, school/programs, etc. under any circumstances. Any questions concerning test results should be referred to the BBSM.

## Reexamination

The Behavioral Sleep Medicine Certification Examination may be taken as often as desired, upon filing of a new Application and fee.

Required documentation with expiration dates will need to be uploaded with your application when applying for reexamination. All other documentation will be accepted if candidates reapply within one year of their original examination.

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## APPEALS

### Appeals on Eligibility

Candidates who have been deemed ineligible to sit for an examination may appeal in writing to the Board of Behavioral Sleep Medicine (BBSM) Executive Director, sent to either the headquarters office of the BBSM or by email to [info@bsmcredential.org](mailto:info@bsmcredential.org). The letter must be accompanied by supporting documents and must be received within ten (10) business days after the notification of ineligibility is sent to the candidate. The BBSM will review the appeal and notify the candidate in writing of its decision within ten (10) business days of receipt of the written appeal. Should the decision be in favor of the eligibility of the candidate to sit for the examination, but past the deadline for the current testing period, the candidate will be enrolled to take the examination during the next regularly scheduled testing period.

### Examination Challenges

It is the policy of the BBSM to provide every candidate with an opportunity to question the reliability, validity, and/or fairness of a test and its questions. Candidates may submit a complaint in writing to the BBSM's administrative offices no later than fourteen (14) calendar days after taking the examination. Complaints and challenges must be communicated in writing and within this time frame. The BBSM will NOT consider late challenges or complaints, or challenges or complaints not submitted in writing. All challenges and complaints shall receive the BBSM's full attention. The BBSM shall investigate each challenge or complaint and acknowledge it in writing to the complainant.

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## EXAMINATION SECURITY

Candidates seeking admission to take the examination do so for the purpose of pursuing registration, and for no other purpose. Because of the confidential nature of the examination, candidates may not make or keep copies, excerpts, or notes of examination materials, and to not use or divulge information learned from the examination. The examination is the exclusive property of BBSM and candidates may not use examination information in any way without the express prior written consent of BBSM.

The Behavioral Sleep Medicine Certification Examination is confidential. Candidates are required to sign a confidentiality agreement prior to the start of the examination.

Candidates agree to abide by the testing rules in effect at the time of their test appointment. BBSM, PTC, and/or Prometric staff may refuse a candidate admission to the examination if they do not have the proper identification as detailed in the Candidate Handbook. Candidates who do not abide by the testing rules may have their exam terminated during the exam administration to maintain a secure and proper exam administration and/or exam scores invalidated.

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## ATTAINMENT OF CERTIFICATION & RECERTIFICATION

Candidates who pass the Certification Examination may use the DBSM (Diplomate in Behavioral Sleep Medicine) designation after their name and will receive certificates from the BBSM.

Certification in BSM is recognized for a period of 5 years from the date of the expiry at which time the candidate must apply to renew their certification and meet BBSM continuing education requirements in effect at that time to retain certification or retake and pass the current Certification Examination.

The BBSM requires for recertification:

- A minimum of 40 hours of continuing education in behavioral sleep medicine for renewal of certification. These hours may include areas such as normal and abnormal sleep, basic sleep science, differential diagnosis of sleep conditions, diagnostic monitoring tools in sleep medicine, psychological factors affecting sleep and behavioral treatments of sleep disorders.
- A current professional license to practice.
- Permission for BBSM to complete a background check.

A new certificate will be issued upon completion of the recertification required and approved by the Board of Behavioral Sleep Medicine.

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## REVOCATION OF CERTIFICATION

Certification will be revoked for either of the following reasons:

1. Falsification of Application.
2. Misrepresentation of certification status.

The Appeals Committee of the BBSM provides the appeal mechanism for challenging revocation of Board Certification. It is the responsibility of the individual to initiate this process.

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## CONTENT OF THE EXAMINATION

The Behavioral Sleep Medicine Certification Examination is a computer-based examination composed of 120 scored items, plus 20 pre-test items with a total testing time of 2.5 hours. The test questions are multiple-choice, objective, and only have one possible answer. Pre-test items are not scored.

The questions for the examination are developed by individuals with expertise in behavioral sleep medicine and are reviewed for construction, accuracy, and appropriateness by representatives of the BBSM. The BBSM, with the advice and assistance of the Professional Testing Corporation, prepares the examination. The Certification Examination for Behavioral Sleep Medicine will be weighted in approximately the following manner:

I.	Basic Science/Sleep Knowledge	10%
II.	Behavioral Medicine General Principles/Theory	20%
III.	Associated Sleep Disorders and Their Treatment	15%
IV.	BSM Clinical Assessment	20%
V.	BSM Clinical Management (Pediatric & Adult)	35%

### **I. Basic Science/Sleep Knowledge (10%)**

- A. Sleep Anatomy & Physiology
- B. Circadian/Biological Rhythms
- C. Homeostatic and Circadian Drives
- D. Sleep Architecture
- E. Ontogeny – Life Span Development
- F. Sleep Over the Life Span
  - 1. Infant, toddler
- G. Sleep Deprivation

### **II. Behavioral Medicine General**

#### **Principles/Theory (20%)**

- A. Classical and Operant Conditioning
  - 1. Shaping
  - 2. Reinforcement Schedules
  - 3. Extinction
  - 4. Spontaneous Recovery
  - 5. Placebo Effect
- B. Theories of Behavioral Change
- C. Relaxation
- D. Acceptance & Commitment Therapy / Mindfulness
- E. Cognitive Restructuring
- F. Behavioral Activation

### **III. Associated Sleep Disorders and Their Treatments (15%)**

- A. Adult and Pediatric Insomnias
  - 1. Pharmacological Interventions
- B. Hypersomnias
- C. Breathing-Related Sleep Disorders
  - 1. Obstructive Sleep Apnea
  - 2. Central Sleep Apnea
- D. Circadian Rhythm Sleep Disorders
- E. Narcolepsy
- F. Parasomnias
  - 1. Nightmares
  - 2. Night Terrors
    - a. Sleep Walking / Talking
- G. Movement Disorders
  - 1. Restless Leg Syndrome / PLMD
    - a. Pharmacological Treatments
    - b. Behavioral Interventions

### **IV. Clinical Assessment (20%)**

- A. Instrumentation (Diagnostic)
  - 1. Polysomnography (In lab/HST)
  - 2. Actigraphy
  - 3. Sleep Diary
  - 4. MSLT/MWT
- B. Activity Monitoring Devices (Fitbit, Garmin, etc.)
- C. Initial Evaluation
- D. Functional Analysis
- E. Psychometric Assessment
- F. Treatment Monitoring
- G. Understanding CPAP Download Reports
- H. Understanding Sleep Diagnostic Reports

### **V. Clinical Management (35%)**

- A. Pediatric Behavioral Sleep Medicine
  - 1. Healthy Sleep Habits
  - 2. Extinction
  - 3. Graduated Extinction w & w/o parent
  - 4. Positive Routines
  - 5. Bedtime Fading
  - 6. Bedtime Pass
  - 7. Exposure with Response Prevention
  - 8. Cognitive Restructuring
  - 9. Positive Reinforcement
  - 10. Scheduled Awakenings
  - 11. Urine Alarm/Dry-Bed Training
  - 12. Systematic Desensitization
  - 13. Relaxation Therapies
- B. Adult Behavioral Sleep Medicine
  - 1. Cognitive Therapy
  - 2. CPAP Adherence Sleep
  - 3. Image Rehearsal Therapy
  - 4. Light Therapy/ Chronotherapy/ Melatonin
  - 5. Paradoxical Intention
  - 6. Relaxation Strategies
  - 7. Restriction/Compression
  - 8. Stimulus Control
  - 9. Sleep Hygiene
  - 10. Systematic Desensitization
  - 11. Strategies for Treatment Compliance

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## SAMPLE EXAMINATION QUESTIONS

The following are samples of the types of questions that may appear on the Behavioral Sleep Medicine Certification Examination. These sample questions are intended for candidates to view how test questions are structured. Note these are samples and these specific questions will not appear on the examination.

1. The term “dysfunctional cognition” refers to
  1. mental hyperarousal.
  2. maladaptive dream content.
  3. discouraging thinking patterns or images.
  4. faulty or distorted thoughts and expectations.

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2. Which of the following is MOST representative of sleep during early and middle childhood relative to other periods of development across the lifespan?
  1. Most children have given up daytime naps by the end of the toddler period
  2. While sleep needs vary among children 12-36 months of age, total sleep duration from this age group ranges from 11 to 13 hours in a 24-hour period
  3. Non-Rapid Eye Movement Sleep (NREM) states during early/middle childhood are similar to adult Rapid Eye Movement Sleep (REM)
  4. Sleep states during the toddler period are in a state of development transition that makes differentiation of sleep and wakefulness difficult

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3. REM sleep episode duration and REM sleep propensity have been shown to vary with which of the following?
  1. Secretion of dopamine
  2. MnPM and VLPO neuron signal
  3. Timing of the endogenous circadian temperature cycle
  4. Homeostatic determination of ultradian rhythm timing

ANSWER KEY	
Q	A
1	4
2	2
3	3

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## REFERENCES

The Society of Behavioral Sleep Medicine, the field's membership society, has posted a BSM Training Program Reading List which is available on the SBSM website:

<https://behavioralsleep.org/index.php/member-resources/society-of-behavioral-sleep-medicine-credentialing-exam>

The list is not intended to be a recommended or exclusive reading list. It does not attempt to include all acceptable references nor is it suggested that the examination questions are necessarily based on these references. Candidates are expected to seek information as outlined in the published BSM Examination content areas by review of evidence-based peer reviewed science and literature.

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