

# RPSGT

## EXAM PREPARATION COURSE

BRPT approved STAR program  
STAR code SS010

Register before 1st May 2023 &  
Get an additional "Sleep and  
Scoring Update Course" free

Course starts on 26 May 2023

**LEARN AND GROW YOUR CAREER IN  
SLEEP MEDICINE**



Dr. Tripat Deep Singh  
Course Director

## Our Offering



### Score real sleep studies

Epoch wise discussions



### >500 MCQ's

One to one doubt clearing



### >150 hrs of content and discussions

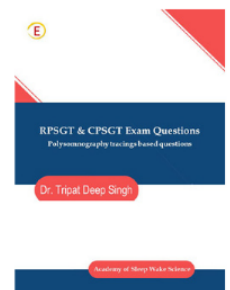
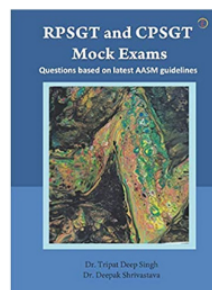
Weekly classes for discussions



### 1yr access to videos

Get 3 books as study material

## Learn from author of following books



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www.aswseducation.com

**JOIN NOW**



We are pleased to announce that our "Advanced Polysomnography and Titration Course" is now approved as STAR program by BRPT

**APPLY FOR IT AND FULFIL ONE OF THE  
ELIGIBILITY CRITERIA OF RPSGT EXAM  
PATHWAY 1 & 4 AND CPSGT EXAM  
PATHWAY 1 & 3**

**STAR CODE: SS010**



Dr. Tripat Deep Singh  
Program Director

**CONTACT US:**

**EMAIL: [CONTACT@ASWSEEDUCATION.COM](mailto:CONTACT@ASWSEEDUCATION.COM)**

**PH.NO: +91-9944816086**

**ACADEMY OF SLEEP WAKE SCIENCE**

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ACADEMY OF SLEEP WAKE SCIENCE

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# Recent RPSGT exam pass outs

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## Our Students

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**DR. RAVI DOSI**  
PULMONOLOGIST



**DR. ANAMIKA SINGH**  
PHYSIOLOGIST



**MS. RAJNI MEHROL**  
SLEEP TECHNOLOGIST



**DR. FAUZIAH NASIR**  
ENT SURGEON



**MS. TAI JIA YU**  
SLEEP TECHNOLOGIST

Take your career to next level. Join today our "Advanced PSG and Titration Course" to improve your knowledge and prepare for RPSGT exam.

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[WWW.ASWSEDUCATION.COM](http://WWW.ASWSEDUCATION.COM)

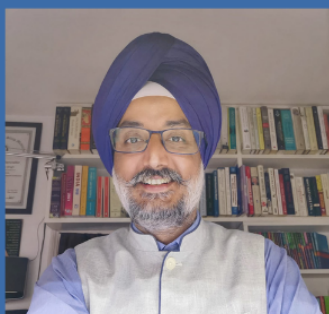
# Academy of Sleep Wake Science

**INVEST IN YOUR CAREER TODAY**

**JOIN "ADVANCED PSG AND TITRATION COURSE"**

**BRPT APPROVED STAR PROGRAM**

**STAR CODE: SS010**



COURSE DIRECTOR AND INSTRUCTOR

DR. TRIPAT DEEP SINGH  
MBBS, MD (PHYSIOLOGY), RPSGT, RST, CCSH  
INTERNATIONAL SLEEP SPECIALIST  
(WORLD SLEEP FEDERATION PROGRAM)

## COURSE OPTION 1

- 22 ONLINE MODULES
- >70HRS OF VIDEOS
- >500 RPSGT EXAM MCQ'S
- BRPT STAR PROGRAM
- 6MTHS ONLINE ACCESS
- FEE: RS.50,000 (INCL 18%GST)

COURSE OPTION 1 LINK:

[HTTPS://ASWSEEDUCATION.COM/COURSES/ADVANCED-PSG-AND-TITRATION-COURSE/](https://aswseducation.com/courses/advanced-psg-and-titration-course/)

## COURSE OPTION 2

- 6 MTHS DURATION, 22 LIVE WEBINARS
- >100 SLEEP SCORING EXERCISES ON REAL SLEEP STUDY DATA WITH FEEDBACK
- >500 RPSGT EXAM MCQ'S
- DISCUSSIONS AND DOUBT CLEARING SESSIONS
- BRPT STAR PROGRAM
- ACCESS TO RECORDED VIDEOS
- 2 RPSGT MOCK EXAMS
- GET 3 BOOKS AS STUDY MATERIAL
- INDIAN STUDENT FEE: RS.1,00,300 (INCL 18%GST)
- INTERNATIONAL STUDENT FEE: USD 1800 (INCL 18%GST)

**JOIN TODAY!**



[www.aswseducation.com](http://www.aswseducation.com)



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Patiala Punjab India 147003



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[contact@aswseducation.com](mailto:contact@aswseducation.com)

## **Advanced PSG and Titration course Option 1**

### **Aim:**

- a. To learn diagnostic and therapeutic procedures in Sleep lab
- b. To prepare for RPSGT Exam

### **Dates and Timing:**

- a. Do it at your choice of date and time
- b. Its online course
- c. It consists of pre-recorded lectures followed by quiz

**Course option 1 Fee: Rs. 50,000**

**Agenda:** Same as Course option 2. See below.

**Link to course:** <https://aswseducation.com/courses/advanced-psg-and-titration-course/>

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## **Advanced PSG and Titration course Option 2**

### **Aim:**

- c. To learn diagnostic and therapeutic procedures in Sleep lab
- d. To prepare for RPSGT Exam

**Dates:** March-August 2023

### **Timing:**

- a. **Webinar timing** 6:30-8:30pm India time

**Course option 2 fee:**

- a. **International students- USD 1800 (Includes 18% GST)**
- b. **Indian students- Rs. 100,300 (Includes 18% GST)**

As part of the fee, students will get the following-

- a. 3 books
  - I. Basic Polysomnography- An algorithmic approach to sleep scoring
  - II. Sleep Technology Review
  - III. RPSGT and CPSGT Mock Exams

- b. Sleep study scoring exercises with feedback
- c. Access to instructor for doubt clearing sessions throughout the course
- d. Guidance to send the application for RPSGT Exam
- e. Access to recorded lectures for 9months

**Course Option 2 Agenda:**

Time	Date	Topic
<b>Webinar 1:</b> 6:30-8:30pm IST	26/05/2023	<ol style="list-style-type: none"> <li>1. Introduction to Course</li> <li>2. Sleep architecture in Children</li> <li>3. Sleep architecture in Adults</li> <li>4. Cardiac &amp; Respiratory Physiology</li> </ol>
<b>Webinar 2:</b> 6:30-8:30pm	02/06/2023	<ol style="list-style-type: none"> <li>1. Referral process in Sleep Laboratory</li> <li>2. Duties of the Sleep technologist               <ol style="list-style-type: none"> <li>a. Chart review and questionnaires</li> <li>b. Patient interaction and professionalism</li> <li>c. Patient monitoring</li> <li>d. Data archiving</li> </ol> </li> <li>3. Types of Sleep studies</li> </ol>
<b>Webinar 3:</b> 6:30-8:30pm	9/06/2023	<ol style="list-style-type: none"> <li>1. Types of signals recorded during the sleep study               <ol style="list-style-type: none"> <li>a. Patient and equipment preparation</li> </ol> </li> <li>2. International 10-20 system of EEG electrode placement</li> </ol>
<b>Webinar 4:</b> 6:30-8:30pm	16/06/2023	<ol style="list-style-type: none"> <li>1. PSG Machine and Bio calibration</li> <li>2. Basics of Differential amplifier</li> <li>3. Understanding filters in PSG</li> </ol>
<b>Webinar 5:</b> 6:30-8:30pm	23/06/2023	<ol style="list-style-type: none"> <li>1. Understanding gain and sensitivity settings</li> <li>2. MSLT and MWT</li> </ol>
<b>Webinar 6:</b> 6:30-8:30pm	30/06/2023	<ol style="list-style-type: none"> <li>1. Home Sleep Testing</li> <li>2. Emergency procedures in Sleep lab</li> <li>3. Disinfection in Sleep lab</li> </ol>
<b>Webinar 7:</b> 6:30-8:30pm	07/07/2023	<ol style="list-style-type: none"> <li>1. International classification of Sleep disorders</li> <li>2. Insomnia</li> <li>3. Sleep related Breathing disorders</li> </ol>
<b>Webinar 8:</b> 6:30-8:30pm	14/07/2023	<ol style="list-style-type: none"> <li>1. Central disorders of Hypersomnolence</li> <li>2. Circadian rhythm Sleep-Wake disorders</li> <li>3. Parasomnias</li> </ol>

<b>Webinar 9:</b> 6:30-8:30pm	21/07/2023	<ol style="list-style-type: none"> <li>1. Movement disorders</li> <li>2. Sleep and Epilepsy</li> <li>3. Effect of drugs on Sleep</li> </ol>
<b>Webinar 10:</b> 6:30-8:30pm	28/07/2023	<ol style="list-style-type: none"> <li>1. Rules for scoring sleep and associated events</li> <li>2. Sleep waveforms in EEG</li> <li>3. Sleep waveforms in EOG</li> </ol>
<b>Webinar 11:</b> 6:30-8:30pm	04/08/2023	<ol style="list-style-type: none"> <li>1. AASM rules for scoring Stage W in Adults and children</li> <li>2. AASM rules for scoring Stage N1 in Adults and children</li> <li>3. AASM rules for scoring Stage N2 in Adults and children</li> <li>4. AASM rules for scoring Arousals in NREM Sleep Adults and children</li> </ol>
<b>Webinar 12:</b> 6:30-8:30pm	11/08/2023	<ol style="list-style-type: none"> <li>1. AASM rules for scoring Stage N3 in Adults and children</li> <li>2. AASM rules for scoring Stage R in Adults and children</li> <li>3. AASM rules for scoring Arousals in REM Sleep Adults and children</li> <li>4. Infant Sleep scoring</li> </ol>
<b>Webinar 13:</b> 6:30-8:30pm	18/08/2023	<ol style="list-style-type: none"> <li>1. AASM rules for scoring epochs with Major Body Movement</li> <li>2. AASM rules for scoring Respiratory events in Adults and children</li> </ol>
<b>Webinar 14:</b> 6:30-8:30pm	25/08/2023	<ol style="list-style-type: none"> <li>1. AASM rules for scoring PLMS in adults and children</li> <li>2. AASM rules for scoring movement disorders</li> </ol>
<b>Webinar 15:</b> 6:30-8:30pm	01/09/2023	<ol style="list-style-type: none"> <li>1. Normal ECG</li> <li>2. AASM rules for scoring Cardiac events</li> </ol>
<b>Webinar 16:</b> 6:30-8:30pm	08/09/2023	<ol style="list-style-type: none"> <li>1. Data Analysis and Reporting <ol style="list-style-type: none"> <li>a. Interpretation of Diagnostic Sleep study report part 1: Sleep parameters</li> <li>b. Interpretation of Diagnostic Sleep study report part 2: Respiratory and other parameters</li> </ol> </li> </ol>

<b>Webinar 17:</b> 6:30-8:30pm	15/09/2023	<ol style="list-style-type: none"> <li>1. Artifacts</li> <li>2. CPAP titration for OSA patient</li> </ol>
<b>Webinar 18:</b> 6:30-8:30pm	22/09/2023	<ol style="list-style-type: none"> <li>1. BiPAP titration for OSA patient</li> <li>2. Oxygen titration for OSA patient</li> <li>3. Choosing right mask for delivery of PAP therapy for OSA patient</li> </ol>
<b>Webinar 19:</b> 6:30-8:30pm	29/09/2023	<ol style="list-style-type: none"> <li>1. Factors affecting adherence to PAP therapy in OSA patients</li> <li>2. How to improve PAP adherence in OSA patient</li> </ol>
<b>Webinar 20:</b> 6:30-8:30pm	06/10/2023	<ol style="list-style-type: none"> <li>1. Alternative therapies for treating OSA</li> <li>2. PAP acclimation and desensitization</li> <li>3. PAP-NAP trial</li> </ol>
<b>Webinar 21:</b> 6:30-8:30pm	13/10/2023	<ol style="list-style-type: none"> <li>1. Indications for NIV</li> <li>2. Respiratory waveforms in NIV devices</li> <li>3. Different modes of NIV</li> <li>4. Titrating NIV devices in Sleep lab</li> </ol>
<b>Webinar 22:</b> 6:30-8:30pm	20/10/2023	<ol style="list-style-type: none"> <li>1. PAP therapy for other SDB disorders</li> <li>2. BiPAP Auto/Adaptive Servo Ventilation</li> </ol>
<b>Webinar 23:</b> 6:30-8:30pm	27/10/2023	Mock Exam 1
<b>Webinar 24:</b> 6:30-8:30pm	03/11/2023	Mock Exam 2
<b>Webinar 25:</b> 6:30-8:30pm	10/11/2023	American Board of Sleep Medicine Sleep Scoring Exam



## Course Director and Instructor Profile:



### Dr. Tripat Deep Singh

- **Doctor:** MBBS, MD(Physiology)
  - **Sleep Specialist:** International Sleep Specialist (World Sleep Federation Program)
  - **Sleep Technology Certifications:** RPSGT, RST
  - **Certification in Clinical Sleep Health- CCSH**
  - **Founder,** Academy of Sleep and Wake Science
- 
- **Course director** of India's first BRPT approved STAR programs for RPSGT (SS010) and CCSH exams (CSS005)
  - **Past Teaching Faculty:** In Duke NUS SingHealth Sleep Centre Philips Sleep Medicine Courses Singapore
  - **Author:** Published 4 Books- "Basic Polysomnography- An algorithmic approach to Sleep Scoring", "Sleep Technology Review" and "RPSGT and CPSGT Mock Exams"
  - **Associate Editor:** American Association of Sleep Technologist textbook "Fundamentals of Sleep Technology 3<sup>rd</sup> edn"
  - **Editor:** ISSR newsletter "Sleepwatching India"
  - **Awards:** He was awarded Medal of Honor by Ministry of Health Vietnam for his contributions to the field of Sleep Medicine and Sleep Technology in Vietnam

## What past students have to say about the course!!



Dr. Fuaziah Nasir  
ENT Surgeon, RPSGT  
Putrajaya Hospital  
KL Malaysia

I had joined many Sleep courses in the past, but I was not happy with the knowledge I gained by attending those Sleep courses.

I decided to join Dr Tripat's online "Advanced PSG and Titration Course". Initially I thought the course was pricey but the knowledge i gained by attending this course is priceless.

Dr Tripat taught the basics of sleep technology and medicine that is very important not only to pass the exam but for my daily Sleep Medicine practice as well.

I am thankful to Dr. Tripat for being such an amazing teacher.  
Thank you for working extra hours and making extra efforts for your students and giving your best to see others advance in their career.



Dr. Prashant Makhija  
Neurologist and Sleep disorder specialist  
Wockhardt hospital  
Mumbai

This course was a great learning experience. Presentations were very lucid. This course helped me immensely in understanding AASM scoring. I highly recommend this course for anyone stepping into the field of Sleep Medicine.



Dr. Madeleine Ramdhani Jasin  
Pediatric Specialist  
Indonesia

I joined this course because I wanted to develop my knowledge and skill in sleep study, particularly in children, as I'm a pediatric respirologist. Initially, I was hesitant due to my lack of experience in sleep medicine practice. However, Dr Tripat and his team has developed simple learning methods to follow, thus enabling me to understand and follow the rest of the class. If I was unable to join the class due to hospital duty, a lecture video was provided to catch up with the lessons.

I loved reading the materials in the 3 books provided, as those are designed to be consistent, informative, and practical. Another advantage is the access to sleep study scoring platform for unlimited opportunity to score sleep and receive feedback.

This course has surely improved my skill and knowledge in sleep medicine, motivating me to learn further. I strongly recommend this course to sleep medicine practitioners, as this is a remarkable 6 month journey of learning!



Dr Anamika Singh  
Additional Professor, MNAMS, RPSGT  
Dept. of Physiology  
UPUMS, Saifai, Etawah, UP

I am happy to share with you that I have qualified for the RPSGT Exam in my first attempt. I joined the 'Advanced PSG and Titration' Course 6 months ago. This course really helped me to clear my doubts, study material provided (3 books and various clinical guidelines) was sufficient to crack this exam. The unique quality of this course is that they provide an ISR platform to practice sleep scoring. I would strongly recommend joining this course.



Ms. Rajni Yogesh Mehrol  
Sleep Technologist  
RPSGT  
Mumbai

I passed RPSGT exam in my first attempt. The course content was very much relevant for the RPSGT exam.

Almost during the entire course duration we scored two sleep studies on a weekly basis. After the course duration we were given 1 month time for scoring sleep studies.

During the course we were given more than sufficient chance to clarify our doubts during the session and after that also Dr. Tripat was always there for us.

We were provided with 3 books authored by Dr. Tripat as study material and I referred his "Sleep Technology Review" book as my main reading material.

My personal experience was excellent. The topics were explained by Dr. Tripat in a very simple way. Someone who don't have much knowledge of the subject can also understand them easily following his teachings.



Dr. Ravi Dosi  
Pulmonologist, RPSGT  
Indore MP, India

Dr. Tripat Sir's "Advanced PSG & Titration Course" is one of the best resources one can dream of for Sleep Medicine exposure and understanding. Sir is very passionate about his work and ensures every student achieves his targets.



Dr. Balwinder  
ENT Surgeon, RPSGT  
Kuala Lumpur, Malaysia

It gives me great pleasure to write about Dr. Tripat Deep Singh. Before I start, I would like to briefly give my own background as to how I built an interest in sleep and mainly sleep related breathing disorders.

I had been heading the ENT department at Putrajaya Hospital since 2000 and had gone to Australia to do a fellowship in Rhinology in 2005 and that's where I was exposed to Sleep surgery by the late Dr Sam Robinson. I came back to set up a sleep lab at my hospital in 2007 and slowly developed our department as a renowned centre for sleep related breathing disorders.

I came to know Dr. Tripat Deep Singh somewhere in the early 2010s and over the years have seen him grow in stature as Sleep specialist. He started off as medical advisor in Philips but over the years he has built an extremely strong reputation as a medical person very well versed in sleep not only in Singapore but in the ASEAN region. He had been conducting course for the past many years, but I never really paid much attention to obtaining his services as a speaker. The reason was that I had what I thought was a good speaker who is an American based Sleep technician to help me run my biannual sleep workshops.

Fortunately for me, this American based RPSGT sleep tech could not come for the workshop in 2018 and I decided to opt for Dr. Tripat Deep Singh. He conducted the course in a totally different manner and his teaching skills are so good that even my paramedical staff of the sleep lab could grasp the knowledge. At the end of the course, out of the 5 candidates from my sleep lab who attempted the RPSGT, 3 managed to pass the exam and one more almost passed it. This speaks volumes about his skills as a teacher and mentor because until then none of my staff even dared to attempt the RPSGT exam. Dr. Tripat Deep taught so well that 5 of my staff had the courage to sit for it and we had a 60% pass rate (almost 80% if counting the near pass).

Dr. Tripat has a very in-depth knowledge which he willingly shares with anyone who asks for help, and he is well known for his ability to trouble shoot difficult cases related to PAP therapy. I believe that anyone who is really interested in getting a solid foundation in sleep will benefit tremendously from Dr. Tripat's expertise. By attending his course, a person will jump start their journey in sleep and probably save many months if not years of progress in the field.

I personally believe that Dr. Tripat will one day be known as a luminary in the field of sleep in India – it is a question of when that will happen. I wish him all the best in his endeavours

to create awareness of the importance of this field and bringing up the standards of sleep education in India.



Dr. Rajesh Kathrotia  
Additional Professor  
Department of Physiology  
AIIMS Rajkot

When my Professor suggested that it is very good course to learn polysomnography, I was little skeptical about online course as I had notion that we need hands on to learn techniques like polysomnography and online may give only theory.

But as 3 other colleagues were enrolling for course I also enrolled. I admit that as course started and slowly progressed my interest exponentially increased thanks to Dr. Tripat's very nice simple way of teaching and explaining things. I gradually developed interest which further grew more and more as course progressed.

Course content was adequately curtailed as per duration of course to digest and learn each topic. Very well-planned course with selection of topics such a way that it was easy and also smooth.

I appreciate the books and other study material provided being very useful and easy to read and understand well in line with course content

I personally feel I learned a lot due to regular assignment which were given each week and that was easy to complete within 1-2 hours and helped in better learning

During each session at regular intervals questions and doubts were cleared which helped to clarify many things there itself. Also, appropriate reinforcement was given for some difficult topics.

I also had advantage of group learning in Department as 4 of us could sit together and discuss which I think was one factor apart from great teaching and mentorship of Dr. Tripat to motivate me and help me learn better.

For a novice like me It was extremely helpful course and now I am confident for sleep scoring and hope to learn more in future

We are in process of setting up a sleep lab at our institute. I intent to get expertise in technical and practical polysomnography at a sleep lab center before taking the certificate exam.



Mr. Lim Jian Lit  
BSc Hons (Biomedical Science)  
RPSGT, Kuala Lumpur  
Malaysia

One of the challenges in my path of pursuing the accreditation of Registered Polysomnography Technologist (RPSGT) was the lack of learning materials and someone to coach me on the examination aspects, until I met Dr Tripat Deep Singh.

The Academy of Sleep Wake Science offers programme's which are tailored for the needs of those who have interest in sleep medicine, be it a novice in the field or an experienced sleep technologist.

I would recommend the RPSGT preparation course, because it offers everything you need to know as a sleep technologist, from the basic of electronic used in sleep technology to the scoring algorithm of sleep according to the AASM guidelines. You will have classes on the principle and physiology of sleep and respiration which helps with a better understanding of sleep medicine, as well as practical sessions of scoring actual PSG recordings that applies the knowledge that you have learned. With the coaching of a renowned international sleep specialist, you can engage in an active learning environment and pick up sleep technology within a few months.



Ms. Agnes Chow  
RPSGT Singapore

One of the highlights of my career path in Sleep & Respiratory Homecare is having the opportunity to attend Dr. Tripat designed course on Preparation for RPSGT Exam. Dr. Tripat explains and recaps content in thorough detail after every lecture. And he goes

extra mile to check on us to make sure we're on track too. A very encouraging lecturer makes the learning journey very enjoyable. Thank you Dr. Tripat.



Dr. Daniel Thomas Suryadisastra  
MD, Neurologist, RPSGT, Indonesia

Dr. Tripat is a great teacher and I am very grateful to have met him and study in his course. His teaching course method helped me to understand and prepare for the RPSGT exam from beginning to expert level. He is very passionate and caring for his students. Always helpful and ready to give advice and information when we had trouble for the administration in RPSGT exam because of the covid19 pandemic. Thank you so much Dr. Tripat 🙏😊👍



Wong Yan Ling,  
MMSc (Microbiology),  
RPSGT, Malaysia

I have attended several courses with Dr. Tripat. The course materials were good and with lots of relevant information. Dr. Tripat is a very knowledgeable and competent teacher. I have learned a lot from him.





Ms. Lim  
Pediatric Sleep Technologist  
Serdang Hospital Kuala Lumpur  
RPSGT, Malaysia

Dr. Tripat is a great teacher for preparation for RPSGT exam. The syllabus in the Advanced PSG and titration course is very comprehensive covering all aspects of sleep technology and medicine including Pediatric Sleep. He is proficient in both theory and hands-on, with his comprehensive guidance and teaching, sleep medicine seems much easier to understand. He is passionate, enthusiastic and very patient in guiding his students in mastering the field of sleep medicine. He is indeed an excellent tutor and I highly recommend his courses to those who intend to take the RPSGT exam.