

# BOARD OF BEHAVIORAL SLEEP MEDICINE CBSM HOLDER APPLICATION

## CBSM Holder Guide



[www.bsmcredential.org](http://www.bsmcredential.org)



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This Guide contains necessary information for individuals holding a Certification in Behavioral Sleep Medicine (CBSM) from the American Academy of Sleep Medicine (AASM)/American Board of Sleep Medicine (ABSMS) to apply to the Board of Behavioral Sleep Medicine (BBSM) for a Diplomate in Behavioral Sleep Medicine (DBSM). Please retain it for future reference. Candidates are responsible for reading these instructions carefully. This Guideline is subject to change.

## PURPOSE OF DBSM 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 recognizing formally those individuals who meet eligibility and examination requirements of the BBSM through granting of a Diplomate in Behavioral Sleep Medicine (DBSM).

## ELIGIBILITY REQUIREMENTS

The BBSM acknowledges the qualifications and certification by examination of those holding a Certification in Behavioral Sleep Medicine (CBSM) through the AASM/ABSMS between the years of 2003-2014 by establishing a time-limited application for the DBSM that exempts applicants from taking a certification examination who otherwise meet DBSM eligibility criteria. Eligibility for this pathway extends one year with an application deadline of July 31, 2021.

CBSM holders who successfully meet eligibility requirements will have met all requirements to be granted a Diplomate in Behavioral Sleep Medicine by the Board of Behavioral Sleep Medicine.

### Eligibility Requirements

Eligibility for CBSM holders is determined by the following education, credentials and continuing education requirements.

- 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 federal, state, and local laws, and must act only within the scope of their state license and in accordance with the specific state practice requirements (upload copy of current license with application).
- C. Demonstrate prior certification in behavioral sleep medicine by the AASM/ABSMS (Upload copy of CBSM certificate with application).
- D. Demonstrate completion of a minimum of 40 continuing education (CE) hours in behavioral sleep medicine within the past five years. 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.

CBSM holders who have not maintained the minimum required continuing education hours but meet criteria A and B may apply for DBSM certification through regular application by demonstrating eligibility through either the Standard or Alternate Track and passing the certification examination.

## ATTAINMENT AND DURATION OF CERTIFICATION AND RECERTIFICATION

CBSM holder candidates who are granted a Diplomate in Behavioral Sleep Medicine (DBSM) may use the designation after their name and will receive certificates from the BBSM.

DBSM certification is recognized for a period of 5 years at which time the candidate must apply to renew their certification and meet BBSM continuing education requirements in effect at that time in order to retain certification or take and pass the current Certification Examination. The BBSM requires 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.

## REVOCATION OF CERTIFICATION

Certification will be revoked for either of the following reasons:

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

## APPLICATION PROCEDURE

1. All Applications must be completed online. The Application can be found on the Board of Behavioral Sleep Medicine's website [www.bsmcredential.org](http://www.bsmcredential.org) or Professional Testing Corporation's website <http://www.ptcny.com/clients/BBSM>.
2. The online Application and appropriate fees for the examination must be received by the Application deadline of July 31, 2021.

## COMPLETION OF APPLICATION

Candidates must complete CBSM Holder Application in full, using your name exactly as it appears on your current government issued photo ID such as a driver's license or a passport. The completed Application with all documentation can be submitted and paid for online at <http://www.ptcny.com/clients/bbsm>.

## 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

## FEES

CBSM Holder Application Fee for DBSM certification:..... \$200.00

NOTE: The application fee includes a nonrefundable administration fee of **\$75.00** This fee will be withheld if the candidate's Application is rejected.

Visa, MasterCard, and American Express are accepted.

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