

CERTIFICATION IN SLEEP MEDICINE

BACKGROUND

Certification in Sleep Medicine, developed by the American Board of Internal Medicine (ABIM), the American Board of Family Medicine (ABFM), the American Board of Pediatrics (ABP), the American Board of Psychiatry and Neurology (ABPN), the American Board of Otolaryngology (ABOto), and the American Board of Anesthesiology (ABA), and recognized by the American Board of Medical Specialties (ABMS), is designed to recognize the qualifications of physicians who are specialists in the care of patients with sleep problems and specific sleep disorders. Sleep medicine encompasses a multi-disciplinary body of knowledge regarding the anatomy, physiology, biochemistry, pathophysiology and pharmacology of sleep and wakefulness, and their disorders. The examination will be administered to candidates from each Board at the same time in the same testing centers. Participation in the certification program is voluntary. Certification is not required of practitioners in this field, and the certificate does not confer privilege to practice.

CERTIFICATION REQUIREMENTS

To achieve Sleep Medicine Certification, you must hold **current, valid ABIM certification in Internal Medicine or a subspecialty** at the time of application for the examination and fulfill all of the following requirements:

- Satisfactory completion of the requisite formal training requirements as described in the Training Pathway;
- Demonstrate clinical competence, procedural skills, and moral and ethical behavior in the clinical setting;
- Hold a valid, unrestricted and unchallenged license to practice medicine; and
- Pass the Sleep Medicine Certification Examination.

Note: Diplomates of other ABMS Boards should contact those Boards for information regarding certification requirements.

TRAINING REQUIREMENTS

The practice pathway for admission to the Sleep Medicine Certification Examination closed in 2011 and is no longer available. If you were previously admitted to the Sleep Medicine Certification Exam through the practice pathway and were unsuccessful on the examination, you can continue to take the Sleep Medicine Certification Exam, subject to the rules of the ABIM Re-examination Policy.

All other diplomates must hold current, valid ABIM certification in Internal Medicine or a subspecialty and satisfactorily complete 12 months of accredited clinical sleep medicine training. (**Please note:** Sleep medicine fellowship training, which was credited toward the training requirements for admission to another ABIM examination [e.g., Pulmonary Disease, Critical Care Medicine], cannot be used to fulfill requirements for admission to the Sleep Medicine Certification Examination.)

Approved sleep medicine training must meet the following criteria:

- **Fellowship training in sleep medicine undertaken prior to July 1, 2009** must have been conducted within an accredited residency or fellowship program and training experience must be consistent with guidelines established by the Accreditation Council for Graduate Medical Education (ACGME).
- **Fellowship training in sleep medicine undertaken July 1, 2009 and thereafter** must be separately accredited by ACGME.

CLINICAL COMPETENCE REQUIREMENTS

ABIM will require substantiation by the training program director affirming that your clinical competence as a sleep medicine consultant is satisfactory. You must obtain satisfactory ratings of your ability to interpret results of the following diagnostic tests: polysomnography, multiple sleep latency testing, maintenance of wakefulness testing, actigraphy and portable monitoring related to sleep disorders.

CERTIFICATION EXAMINATION

The Sleep Medicine Certification Examination is a comprehensive one-day computer-based examination of multiple-choice questions in the single-best-answer format with an absolute standard for passing. The examination will assess your knowledge and clinical judgment in aspects of sleep medicine required to demonstrate a high level of competence. The Sleep Medicine Certification Examination blueprint includes the content areas covered, their relative percentages and the approximate number of questions for each content area to be included on a typical examination. For the most up-to-date information on what is included in the examination, go to www.abim.org and choose Sleep Medicine under “Get Information by Subspecialty.”

EXAMINATION ADMINISTRATION AND REGISTRATION

The ABIM Sleep Medicine Certification Examination is administered via computer and is offered in odd-numbered years. Because seat availability at centers may be limited, early registration is encouraged.

- Registration for the examination is open from March 1 through May 1 the year of the examination, and late registration is open from May 2 through June 1.
- A non-refundable late fee will be added to applications received during the late registration period.
- Applications will not be accepted after June 1.
- To register for the examination, go to the Physician Login at www.abim.org during the general or late registration period.
- After registering, you will receive a letter from ABIM authorizing you to schedule a test center appointment with Pearson VUE, the company that administers the exam.

Diplomates of the ABFM, ABP, ABPN, ABOto and ABA must apply for the examination through their respective Boards.

RECOGNITION OF SUCCESSFUL DIPLOMATES

Upon successful completion of the requirements for certification in Sleep Medicine, you will be awarded an ABIM Certification in Sleep Medicine. Certification status is reported at www.abim.org and at the website of the American Board of Medical Specialties, www.abms.org.

Note: Diplomates of the ABFM, ABP, ABPN, ABOto and ABA will be recognized by those Boards.

MAINTENANCE OF CERTIFICATION

To be eligible to renew your ABIM certification in Sleep Medicine, you must hold current, valid ABIM certification in Internal Medicine or a subspecialty and complete the ABIM Maintenance of Certification program. Additional information about the requirements for Maintenance of Certification is posted at www.abim.org.

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ABIM is one of 24 medical specialty boards that make up the
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