

NEW
ENGLAND
SLEEP
ACADEMY

Shaping the Future of Healthcare.

美国·新英格兰睡眠学院

2024

项目介绍

PROGRAM BROCHURE

1 | 引言 / Introduction

- 课程概述 / Brief overview of the program
- 价值主张 / Our value proposition for potential students

2 | 项目亮点 / Program Highlights

- 培训课程的关键优势 / Key benefits of the training session
- 战略合作伙伴关系概览 / Overview of the partnership with Collin College

3 | 课程内容概览 / Curriculum Overview

- 自学模块结构和内容信息 / Info on the self-study module structure and content
- 两周培训课程的详细日程 / Detailed schedule of the two-week training session

4 | 认证路径 / Certification Pathway

- 认证要求概述 / Outline of certification requirements
- 课程如何为RPSGT考试做准备 / Preparing for the RPSGT exam

5 | 专家及讲师团队简介 / Instructor Profiles

- 主讲教师和特邀演讲者的简历及资质 / Bios and credentials of instruction team

6 | 录取要求 / Admission Requirements

- 潜在学生的资格标准 / Eligibility criteria for potential students
- 申请方式和报名截止日期 / How to apply and enrollment deadlines

1 引言 Introduction

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欢迎加入美国·新英格兰睡眠学院 Welcome To The New England Sleep Academy

我们的核心使命是培养具有系统性认知体系，出色临床能力以及全方位国际视角的睡眠专业人士，作为BRPT认证的睡眠技术人员教育基地，我们将体系化的理论知识与临床实践操作完美结合。

我们的目标不仅是帮助学员获取RPSGT等国际临床资历认证，旨在为学员们在不断进步的睡眠技术领域持续成长，为其核心业务能力以及领导力奠定坚实的基础，培养未来的国际睡眠领袖。

At the heart of our mission lies a dedication to empowering aspiring sleep professionals, providing them with a robust, BRPT-designated curriculum that marries comprehensive theoretical knowledge with immersive, hands-on experience.

Our goal is to go beyond credentialing, setting the stage for your ongoing growth and leadership in the ever-evolving field of sleep technology. We prepare you not just for today's challenges but for tomorrow's innovations.

2 项目亮点 Program Highlights

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成立于2016年，总部位于美国马萨诸塞州波士顿的新英格兰睡眠学院，于2019年与哈佛医学院附属教学医院BIDMC建立了战略合作伙伴关系，旨在为临床医生提供尖端的睡眠医学教育和培训服务。2023年，学院进一步与克林学院以及国际多导睡眠协会展开合作，致力于帮助大中华地区睡眠技师群体融入国际RPSGT教育与认证体系，以应对全球日益严峻的睡眠相关公卫挑战。

Established in 2016 and headquartered in Boston, Massachusetts, the New England Sleep Academy formed a partnership with BIDMC in 2019, focusing on providing specialized sleep education and training for clinicians. In 2023, the academy furthered its commitment by collaborating with Collin College in Texas, aiming to establish and enhance the educational system for sleep technologists in the greater china region to address the growing global public health issues related to sleep.



2 项目亮点 Program Highlights

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从系统化理论教育，高水平的临床实践训练，再到国际化实习与就业机会，新英格兰睡眠学院三个核心业务板块专注于提供全面职业发展路径

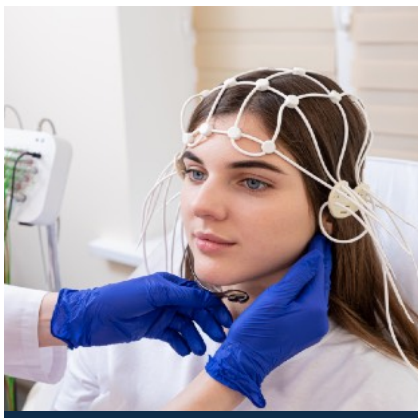
Through our partnership with Collin College, New England Sleep Academy provides an integrated career development program that includes structured theoretical education, specialized clinical training, and a range of internship and employment opportunities.



系统性理论知识课程

提供深入全面的理论培训，确保学员在睡眠医学领域拥有坚实的知识基础和前沿理解。

Providing in-depth and comprehensive theoretical courses to ensure that students have a solid foundation of knowledge and a cutting-edge understanding in the field of sleep medicine.



高标准的临床实操训练

通过真实的临床环境以及高标准实操练习，专注训练学员实际操作技能和临床应用能力。

By immersing students in real clinical settings and providing high-standard practical exercises, we are dedicated to cultivating their practical operational skills and clinical application abilities.



国际化临床实习/就业机会

基于国际战略合作伙伴职业网络，为学员提供宝贵的临床经验，拓宽职业视野发展潜力。

Based on our strategic partnerships' professional networks, we offer students valuable clinical experience, broadening their career perspectives and developmental potential.

3 课程内容概览 / Curriculum Overview

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1. 系统性理论知识课程 Comprehensive Module Courses (BRPT Self-Study Program)

我们提供深入而全面的理论知识培训，作为国际多导睡眠协会认证的线上自学课程，课程包括7个系列性讲座，总时长达16周，旨在确保学员在睡眠医学领域建立坚实的知识基础并掌握前沿的专业理解。这些讲座涵盖从基础理论到高级应用的多个层面，如睡眠生理学、病理学、诊断技术及治疗方法，儿童及新生儿睡眠等，注重理论知识与实际应用的有效结合，以培养学员成为在该领域具备深度专业素养的专家。

Collin College - Polysomnographic Technology offers an in-depth, comprehensive educational program (BRPT Self-study program) spanning two semesters with seven series of lectures, aimed at building a solid foundation and advanced understanding in sleep medicine and technology.



多导睡眠监测技术 I
PSGT 1000



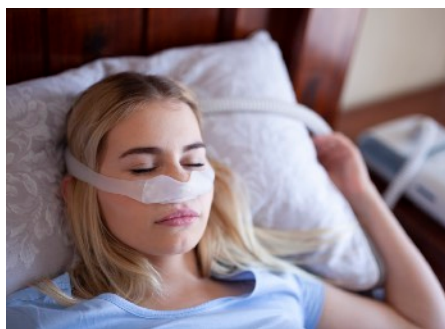
睡眠分期与判图
PSGT 2005



基础心律失常解读
RSPT 1037



儿童及新生睡眠
PSGT 2050



睡眠障碍和治疗
PSGT 1040



睡眠药理学
PSGT 2071



多导睡眠监测技术 II
PSGT 2011

3 课程内容概览 / Curriculum Overview

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2. 临床实操训练课程 Hands-on Clinical Training (BRPT Focused-2 Program)

本课程包括为期两周的线下实操模块，作为多导睡眠协会认证的线下实操培训课程，课程涵盖40课时的睡眠医学临床教学以及40课时的实际操作与评估训练。强调真实临床环境中的操作训练。学员将在线下睡眠中心进行实操培训，以确保他们掌握处理各类睡眠监测情况的实际技能，并能进行睡眠数据的记录与分析，以及患者沟通和案例分析。

New England Sleep Academy, in collaboration with Collin College's BRPT Self-Study program, offers a concentrated two-week course encompassing 40 hours of clinical sleep medicine and technology education and 40 hours of clinical training. Delivered in a state-of-the-art lab, the program ensures participants develop essential skills for a career in sleep technology.

入学

第一天 DAY ONE

睡眠医学以及专业基础介绍
INTRODUCTION TO SLEEP MEDICINE
AND PROFESSIONAL FOUNDATIONS

- 教师团队介绍、课程概览、睡眠技师的角色与职业专业主义、病人保密、感染控制、睡眠基本概念及睡眠障碍导论
- Faculty introduction, course overview, roles of sleep technologists, professionalism, patient confidentiality, infection control, basic sleep concepts

第二天 DAY TWO

神经生理学与多导睡眠监测技术
ADVANCED EQUIPMENT HANDLING
AND SLEEP STUDY FUNDAMENTALS

- 脑电活动、EEG原理、10-20电极系统、正常睡眠结构及AASM评分指南基础
- Advanced practice in 10-20 measurements, sensor placement, and understanding PSG components. Enhancing skills in equipment handling and PSG analysis.

第三天 DAY THREE

睡眠监测以及心血管相关睡眠医学
SLEEP STAGING, SCORING, AND PATIENT
INTERACTION

- 睡眠监测准备、电极应用、PSG设置、以及睡眠与心血管系统的相互作用，强调睡眠实验室环境中的安全和感染控制。

- Refinement in measurement techniques, sleep staging, scoring, and patient education - improving accuracy in sleep staging and patient communication.

第四天 DAY FOUR

睡眠医学与呼吸生理学
IN-DEPTH STUDY OF SLEEP DISORDERS
AND SAFETY

- 上呼吸道的深入分析、与睡眠相关的呼吸机制、肺功能、氧气饱和度监测和PSG的实践应用。

- Continued practice in measurements, exploration of sleep disorders, safety, and cardiac dysrhythmias - Broadening knowledge in sleep disorders and safety protocols.

第五天 DAY FIVE

睡眠呼吸暂停综合症与多导睡眠监测
APPLICATION OF PAP THERAPY AND
COMPREHENSIVE REVIEW

- 对阻塞性和中央性睡眠呼吸暂停的全面检查，睡眠研究中呼吸事件的评分，以及睡眠呼吸暂停对整体健康的影响

- Finalizing competencies in measurements and PAP therapy with an overnight PSG - Hands-on experience with PAP therapy and practical application in PSG.

第六天 DAY SIX

正压通气治疗以及相关干预方案
TRANSITION TO ON-SITE TRAINING

- 压力滴定、分夜睡眠研究、双水平、自动调压型、辅助伺服通气，优化治疗以及睡眠呼吸暂停的替代疗法

- Begin hands-on clinical training, applying polysomnography techniques in a real-world setting. Focus on the practical setup and initiation of sleep studies under clinical supervision.

第七天 DAY SEVEN

运动相关睡眠监测
ADVANCED SLEEP STUDY PRACTICES

- 探讨不宁腿综合征和睡眠周期性肢体运动障碍，睡眠中其他运动障碍，以及相关的实操练习，包括肌电图的应用和睡眠事件的评估

- Delve deeper into complex sleep study procedures, emphasizing on precision setup and monitoring. Engage in troubleshooting and resolving common issues encountered during sleep studies.

第八天 DAY EIGHT

异态睡眠以及相关干预方案
ENHANCING PATIENT INTERACTION
AND STUDY OPTIMIZATION

- 异态睡眠分类，临床特点，以及治疗方法。特别关注快速眼动期睡眠行为障碍，癫痫与睡眠的关系，以及嗜睡症的诊断和治疗

- Concentrate on improving patient communication and comfort during sleep studies. Refine study protocols to ensure optimal data collection and patient safety.

第九天 DAY NINE

失眠以及其他睡眠障碍

DATA ANALYSIS AND INTERPRETATION SKILLS

- 失眠的诊断和治疗，与生物钟节律紊乱相关的睡眠障碍，心理和行为障碍的影响，以及伪信号的识别和问题解决技巧。

- Conduct in-depth analysis of sleep study data, focusing on accurate interpretation and reporting. Participate in collaborative review sessions to discuss findings and enhance diagnostic skills.

第十天 DAY TEN

新生儿及儿童睡眠

FINAL ASSESSMENT AND PRACTICAL APPLICATION

- 儿童多导睡眠图的特点，婴儿睡眠模式，儿童阻塞性睡眠呼吸暂停，以及婴儿呼吸暂停和猝死综合症的诊断与处理。

- Undertake a comprehensive assessment of acquired skills through practical sleep study scenarios. Participate in a feedback session to consolidate learning and address any remaining queries.

**Onsite Skills Assessment
Written Final Examination**

4 认证路径 / Certification Pathway

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在国际睡眠技师协会助力下，新英格兰睡眠学院课程将显著降低认证门槛，并大幅缩短大中华地区睡眠技师获取RPSGT资格时间。

为了使大中华地区睡眠技师人群更容易获取RPSGT（注册多导睡眠技师）资质，国际多导睡眠协会认证的新英格兰睡眠学院提供的线上和线下课程，允许毕业学员在无需具备大专或本科医学及相关学位的情况下，直接申请RPSGT资格考试。

新英格兰睡眠学院毕业学员仅须满足以下条件：

Building upon the solid groundwork established by self-study program (Collin College) and the focused-2 program (NESA), we are poised to engage a broader spectrum of prospective candidates aspiring to pursue the RPSGT (Registered Polysomnographic Technologist) certification.

It's imperative to note that for eligibility to sit for the RPSGT Exam, candidates must possess:

- 1 完成新英格兰睡眠学院课程**
Successful completion of both Self-Study (Collin College) and Focused-2 (NESA) training courses
- 2 具备高中学历**
Proof of completion of secondary education
- 3 持有心肺复苏/基本生命支持证书**
Current CPR/BLS certification
- 4 960小时临床实操经验**
A minimum of 960 hours of clinical experience that includes on-site polysomnography duties performed as direct patient recording and/or scoring.

5 专家及教学团队 / Instruction Team

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新英格兰睡眠学院 - 教学团队

New England Sleep Academy - Faculty Team

李其阳/QIYANG LI M.P.H, RPSGT, RST, CCSH

教学项目主管 PROGRAM DIRECTOR



拥有达特茅斯学院与麻省理工学院的公共卫生硕士和商业管理硕士双学位，李其阳于2017年获得注册多导睡眠技师（RPSGT）资质，并于2018年成为首位获得国际多导睡眠协会（BRPT）颁发的临床睡眠健康教育专家（CCSH）认证的中国籍专家。他致力于通过综合教育和实践操作培训，推动睡眠医学领域的发展，显示了其对专业成长和学科进步的坚定承诺。

As a distinguished professional in sleep medicine and a key member of the Chinese Sleep Research Society, Mr. Li is esteemed for his contributions to clinical practice and education. With a solid foundation from MIT and Dartmouth, he excels in translating complex sleep science concepts into practical knowledge, both as an operations leader in clinical settings and as a skilled educator. His dedication to teaching is reflected in his role in developing training programs that have cultivated dozens of sleep technicians and specialists, showcasing his commitment to advancing the field through rigorous education and hands-on training.

王楠楠/NANNAN WANG M.S, RN., RPSGT

总讲师 FULL-TIME TEACHING FACULTY/CLINICAL COORDINATOR



王女士毕业于伦敦中央学院，主修社会医学与护理学，曾在新加坡亚历山大医院、英国苏塞克斯护理集团和德州勃兰登堡护理集团任职，积累了丰富的临床知识和经验。她在2017年获得了注册多导睡眠技师（RPSGT）资质。王女士专注于建立全面的睡眠医学和慢性病管理护理知识体系。作为课程设计团队的重要成员，她不仅展现了自己扎实的医疗实力，还带来了国际化的视野，极大地提升了学院的教学水平。

Nannan Wang is a clinical nursing professional enriched by a global career spanning the UK, Singapore, and Germany, infusing her role in sleep medicine and technology with extensive expertise. Her adeptness in clinical practice, amplified by her influential role as an educator and architect of sleep technician curricula, highlights her unwavering dedication. Ms. Wang's leadership has been instrumental in enhancing the capabilities of numerous clinical sleep technologists, markedly raising the bar for our academy's educational excellence.

5 专家及教学团队 / Instruction Team

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新英格兰睡眠学院 - 临床专家团队

New England Sleep Academy - Clinical Team

杨晓文/XIAOWEN YANG MD., PHD.

临床主管 MEDICAL DIRECTOR



上海德达医院业务副院长兼睡眠中心主任，上海国际医学中心睡眠中心主任，以及中国睡眠研究会常委，美国哈佛医学院附属BIDMC动态生物医学指标研究中心的资深研究员。杨教授自2006年创建中国西北地区首家独立睡眠中心起，便致力于复杂性睡眠呼吸暂停和相关动态生物医学标志物的研究工作，拥有超过三十年的深厚经验。作为“十三五”医学心理学的主编及哈佛医学院动态生物医学指标研究中心的教员，他在睡眠教育和多学科创新合作方面成就卓著，拥有众多国际专利和技术研发成果，专注于为各个生命周期阶段提供睡眠健康管理。

Dr. Xiaowen Yang, a renowned director of premier sleep medicine centers in Shanghai and Beijing, is a key member of the Chinese Sleep Research Society and an affiliated faculty member at Beth Israel Deaconess Medical Center. Her significant contributions to sleep medicine include advanced research in the complexity of sleep-related biomarkers and the development of comprehensive treatment protocols, particularly for women's sleep disorders. Dr. Yang's expertise as a clinical leader is matched by her stature as an influential educator and innovator with numerous international patents in sleep technology.

潜在学生录取标准 Eligibility Criteria for Potential Students

1. 具备良好的英文技能，最低要求达到英语4级。
Proficient in English, with a minimum requirement of Level 4 English proficiency.
2. 持有心肺复苏/基本生命支持证书
Documentation of current CPR/BLS certification for healthcare workers
3. 高中或本科毕业证书
High school or college degree.

申请方式和报名截止日期 Application Process and Enrollment Deadlines

- 新英格兰睡眠学院实行规范的招生程序，每年设有五个入学期：1月、3月、6月、8月和10月。

New England Sleep Academy operates a structured admissions process with five enrollment periods annually: **January, March, June, August, and October.**

- 建议有意申请的学生仔细准备申请材料，并通过我们的官方网站nesleep.org提交。网站上提供了课程详细信息、入学先决条件以及每个入学期的具体截止日期

Prospective students are advised to meticulously prepare their application packages, which can be submitted through our official portal at nesleep.org. The website provides comprehensive information on program details, prerequisites, and specific deadlines for each enrollment period.

“

在您迈向专业卓越的旅程中，新英格兰睡眠学院感谢您的信任和选择。我们诚挚地祝愿您在未来的学习和职业生涯中不断进步，成为睡眠医学领域的全球领军人物。让我们携手并肩，为推动全球健康睡眠事业的进步共同努力。

As you embark on your journey towards professional excellence, New England Sleep Academy deeply appreciates your trust and choice. We sincerely wish you continual progress in your studies and career, aspiring to become a global leader in the field of sleep medicine. Let us work together to advance the cause of healthy sleep worldwide.

2024



扫码关注
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