

## CAREERS IN SLEEP

### Professional Degrees/Titles:

1. in Behavioral Sleep Medicine (PhD, PsiD)  
as a Diplomate, Behavioral Sleep Medicine
2. in Clinical Sleep Medicine (MD)  
as a Diplomate, Sleep Disorders Medicine
3. in Sleep Research (PhD)  
as a neurophysiologist or clinician or behaviorist, specializing in sleep
4. in Sleep Technician (AA or BA)  
as a Registered Polysomnographic Technologist

### Where do these specialists work?

1. in **accredited sleep clinic** (free-standing or within a hospital)
2. in an academic/research setting at a **university**
3. in **private practice**
5. **within industry, NASA, school systems, HR departments, etc.**  
(applied positions)
6. in **legal firms** (e.g. personal injury cases, criminal)

### Professional Organizations:

1. American Academy of Sleep Medicine
2. Sleep Research Society
3. Association of Polysomnographic Technologists
4. Associated Professional Sleep Societies

### References:

1. see *APA Monitor*, 2002, edition on Sleep & Psychology
2. [www.aasmnet.org](http://www.aasmnet.org)