



European Sleep Research Society  
Sleep Research and Sleep Medicine in Europe

## ESRS Celebrates certification of more than 1100 Somnologists and Somnologist Technologists

Regensburg - The European Sleep Research Society (ESRS) is proud to announce the Certification of 114 new Expert Somnologists and 33 Expert Somnologist Technologists in 2022. Since the first examination, offered in 2012, ESRS has successfully certified more than 1100 individuals. On the occasion of the ten-year anniversary of the European Somnologist examination, an important critical appraisal was recently published outlining the development of the examination programme and milestones achieved over the past decade while looking toward the further development of the programme in the future.

*"Sleep medicine is a broad and interdisciplinary field including several highly prevalent diseases such as insomnia, sleep related breathing disorders, and sleep related movement disorders. Despite its important clinical relevance, structured education and certification has been implemented only in a few countries around the world and clinical practice is performed by many health care professionals without formalised education. In order to improve knowledge and quality of care based on internationally accepted criteria, the European Sleep Research Society (ESRS) launched an examination and certification programme for sleep medicine experts – called the "European Somnologist" certification programme. Preparations started 15 years ago, and the first examination took place in 2012" (Grote et al. 2022).*

Presently, the ESRS certification programme is one of only three international certification programmes. The two ESRS

Certifications appeal to different levels of sleep professionals. The expert Somnologist is appropriate for Physicians, Psychologists and Sleep Scientists (with a Master's degree in science, e.g. biology, physics or other relevant areas) who meet the requirements for practical experience and theoretical knowledge of topics specified in the "Catalogue of Knowledge and Skills-Revision." The expert Somnologist Technologist is appropriate for technologists, nurses and other sleep professionals who have a degree in science, psychology, nursing or similar; RPSGT qualification or equivalent national qualification/registration as well as sufficient relevant experience. For both examinations, the Second Edition of the Sleep Medicine Textbook (2021) is the core recommended reading. The textbook is published by the ESRS and can be ordered via the website.

For the first time in 2020, the examination was offered online and in recent years, the online examination was so well received that the ESRS has decided to continue the online only examinations for 2023. The ESRS Board is pleased to announce the 12th Examination of Certification in Sleep Medicine and the 10th Examination of Certification in Sleep Medicine for Sleep Technologists will take place as an online examination in September 2023. In order to allow candidates ample time to prepare, the application process will open 1 December 2022. The most up to date information can always be found on the ESRS website under: [esrs.eu/sleep-medicine-examination/](https://esrs.eu/sleep-medicine-examination/) and ESRS members will receive updates via the monthly newsletter.

For 2024, both examinations are planned to be held in Seville, Spain in connection with Sleep Europe, 24 – 27 September 2024. More information will follow in 2023.

**Source:**

Grote et al. 10-year anniversary of the European Somnologist examination – A historic overview and critical appraisal. J. Sleep Research (2022) 31, doi/10.1111/jsr.13667

Penzel et al. Sleep medicine catalogue of knowledge and skills - Revision. J. Sleep Research (2021) 30, <https://doi.org/10.1111/jsr.13394>.