





المديرية العامة للمؤسسات الصحية الخاصة  
Directorate General of Private Health Establishments

## **Accreditation requirements for Sleep Medicine Professions**

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<b>Document Author</b>	Prof. Mohammed Abdullah Al-Abri
<b>Designation</b>	Senior Consultant and Professor of Sleep Medicine Sultan Qaboos University
<b>Document Reviewers</b>	(1) Dr. Nabil Mohammed Al Lawati (2) Dr. Saif Musabah Al Mubaihsi (3) Dr. Issa Saleh Al Jahdhami
<b>Designation</b>	(1) Sr. Consultant, Respiratory & Sleep Physician, the Royal Hospital (2) Sr. Consultant, Respiratory Physician, University Medical City (3) Sr. Consultant, Respiratory & Sleep Physician, Medical city for Military and Security Services
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Validated By		Approved By	
<b>Name</b>	<b>Dr. Said Mohammed Al Mughairi</b>	<b>Name</b>	<b>Dr. Muhanna Nasser Al Muslahi</b>
<b>Designation</b>	Director of Quality Control & Patient Safety	<b>Designation</b>	Director General of Directorate General of Private Health Establishments
<b>Signature</b>		<b>Signature</b>	
<b>Date</b>	<b>July / 2025</b>	<b>Date</b>	<b>July /2025</b>

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<b>Name of Employee</b>	<b>Institution / Directorate / Department</b>
Dr. Adil Saleh Al-Ansari	Assistant DG , Directorate General of Private Health Establishments
Dr. Hamad Suliman Al-Adawi	Consultant DG office, Directorate General of Private Health Establishments
Huda Rashid Al-Harthi	QC&PS, Directorate General of Private Health Establishments
Dr. Muneera Said Al-Hashmi	DG office , Directorate General of Private Health Establishments
Dr. Zakia Ali Nabhan Al Bahri	DG office ,Directorate General of Private Health Establishments
Aida Khatir Al-Hinai	Directorate of assessing and licensing PHE, Directorate General of Private Health Establishments
Khurood Juma Al-Kharusi	CPD , Directorate General of Private Health Establishments
Rashid Selman Al-Habsi	Directorate of Assessing and licensing of Medical Professions., , Directorate General of Private Health Establishments
Ahmed Nasser Al-Rashdi	QC&PS, , Directorate General of Private Health Establishments

## Contents Table

<b>Acknowledgements .....</b>	<b>3</b>
<b>Contents Table .....</b>	<b>4</b>
<b>Acronyms .....</b>	<b>4</b>
<b>Definitions.....</b>	<b>5</b>
<b>Chapter 1 .....</b>	<b>6</b>
1. Introduction.....	6
2. Purpose.....	6
3. Scope.....	6
<b>Chapter2 .....</b>	<b>7</b>
4. Structure.....	7
A. Sleep Medicine Specialists Accreditation.....	7
B. Sleep Technologist' Accreditation .....	8
<b>Chapter 3 :.....</b>	<b>9</b>
5. Responsibilities: .....	9
<b>Chapter 4 :.....</b>	<b>9</b>
6. Document history and version control table .....	9
7. References.....	9

## Acronyms

HSAT	Home Sleep Apnea Test
PSG	PolySomnoGraphy
MSLT	Multiple Sleep Latency Test
MWT	Maintenance of Wakefulness Test
PAP	Positive Airway Pressure

## Definitions

- **Sleep medicine physicians** are defined as medical doctors trained in the subspecialty of sleep medicine with proficiency and competency in the clinical assessment, diagnosis, physiological testing, management, and prevention of sleep and circadian rhythm disorders. Sleep physicians are allowed to diagnose and treat patients with sleep disorders. The disorders managed by sleep medicine physicians include, but are not limited to, sleep-related breathing disorders, insomnia, hypersomnia, circadian rhythm sleep disorders, parasomnias, and sleep-related movement disorders.
- **Structured training** is defined as a clinical training program that contains predefined learning objectives designed to cover all aspects of sleep medicine and measurable competency milestones that are regularly and systematically assessed during the training period. He / She must be accredited by the local health authority as a medical doctor (Completed Medical School)
- **Sleep technology** is defined as a distinct and independent health profession that is practiced by trained sleep medicine technologists. A sleep medicine technologist is defined as a trained person who has competency in:
  - A. Neuro-cardiopulmonary monitoring
  - B. Monitoring devices, artifact recognition, and different diagnostic protocols
  - C. The scoring of different sleep signals and recordings following internationally accepted scoring criteria.
  - D. The classification of sleep disorders
  - E. The different assessment questionnaires used in sleep disorder centers
  - F. PAP therapy

# Accreditation requirements for Sleep Medicine Specialty

## Chapter 1

### 1. Introduction

Sleep medicine is an evolving subspecialty that addresses the diagnosis and management of sleep-related disorders through both clinical and technological expertise. With the increasing burden of sleep disorders and their impact on health outcomes, it is essential to ensure that professionals involved in sleep medicine meet defined competency and accreditation standards. This document outlines the criteria and pathways for accrediting physicians and technologists in sleep medicine within private health establishments in Oman, in alignment with international guidelines and local regulatory frameworks.

### 2. Purpose

The purpose of this document is to:

1. Provide regulatory guidance to private health establishments seeking to offer sleep medicine services.
2. Define the accreditation requirements for physicians and technologists practicing sleep medicine.

### 3. Scope

This guideline applies to:

- All private health establishments licensed by the Directorate General of Private Health Establishments (DGPHE), Ministry of Health, Sultanate of Oman offering or planning to offer sleep medicine services.
- Physicians and technologists seeking accreditation in the field of sleep medicine.

## Chapter2

### 4. Structure

#### A. Sleep Medicine Specialists Accreditation

##### **Background:**

- Internal Medicine
- Pediatrics
- Psychiatry
- Neurology (adults & pediatrics)
- Family Medicine
- Pulmonary
- ICU
- ENT
- Dentistry

##### **Pathway -I**

Physicians with Board Certification in Sleep Medicine by a local certification body or a body accredited by the local health authorities, such as the American Board of Sleep Medicine

##### **Pathway-II**

Physicians who successfully completed a minimum of twelve months of structured training in Sleep Medicine along with experience of the following:

1. PolySomnoGraphy(PSG) recording procedure
2. Positive airway pressure titration under PSG monitoring
3. Manual scoring of PSGs of different sleep disorders & Clinical Reporting of the sleep study
4. MSLT/MWT procedures for patients suspected with narcolepsy or hypersomnolence
5. Diagnosis & Treatment experience of patients with different sleep disorders (Sleep clinics)
6. Interpretation of relevant sleep questionnaires & Sleep/wake diaries
7. Home Sleep Apnea Test (HSAT) & Actigraphy
8. Overnight pulse oximetry

##### **Pathway 3 (Respiratory-OSA management only)**

Doctors with the above-mentioned backgrounds may be granted limited licensing to manage sleep breathing disorders with the following conditions:

- The doctors should have successfully completed structured training in Sleep breathing disorders as part of their specially training and are adequately proficient in the following:

- PolySomnoGraphy (PSG) recording procedure
- Positive airway pressure titration under PSG monitoring
- Manual scoring of PSGs of sleep breathing disorders & clinical reporting of the sleep study
- Home sleep apnea testing recording, scoring and reporting
- CPAP management clinic
- Non-CPAP therapies of OSA

## **B. Sleep Technologist' Accreditation**

### **Accreditation pathway:**

1. Applicants must have a background in one of the following credentials:
  - Respiratory therapy
  - Nursing/nursing aid
  - Electro-neurodiagnostic
  - Physical therapy
  - Applied medical sciences background
  - Health Sciences
  - Neurosciences
  
2. Documented training experience for a minimum of 6 months meeting the following:
  - PSG recording procedures in a minimum of 50 patients
  - Scoring, interpreting, and reporting a minimum of 50 PSGs
  - MSLT/MWT procedures in a minimum of ten patients
  - Titration of noninvasive PAP therapy in a minimum of 25 patients
  - Application and scoring of the Home Sleep Apnea Test (HSAT) (a minimum of ten studies).



## Chapter 3 :

### 5. Responsibilities:

The following entities hold specific responsibilities under this guideline:

- **Directorate General of Private Health Establishments (DGPHE):**
  - Oversee implementation and compliance with this guideline.
  - Approve accreditation of physicians and technologists based on submitted credentials and experience .
- **Private Health Establishments:**
  - Ensure that sleep medicine services are provided by accredited personnel
  - Maintain proper documentation and training records for audit and review.
  - Facilitate continuous professional development for staff in sleep medicine.
- **Sleep Medicine Physicians and Technologists:**
  - Adhere to ethical, clinical, and technical standards as outlined in the guideline.
  - Pursue continuous education and skill enhancement to maintain accreditation.
  - Ensure accurate diagnosis, treatment, and documentation of sleep disorders.

## Chapter 4 :

### 6. Document history and version control table

Version	Description	Review date
1	Initial Release MOH/DGPHE/GUD/017/ Vers.1	June 2028

### 7. References

- BaHamam AS, Han F, Gupta R, Duong-Quy S, Al-Abri MA, Jahrami HA, Song P, Desudchit T, Xu L, Hong SB. **Asian accreditation of sleep medicine physicians and technologists: practice guidelines by the Asian Society of Sleep Medicine.** Sleep Med. 2021 May;81:246-252. doi: 10.1016/j.sleep.2021.02.041. Epub 2021 Feb 25. PMID: 33735652.