



## American Board of Psychiatry and Neurology, Inc.

A Member Board of the American Board of Medical Specialties (ABMS)

# Frequently Asked Questions for ABPN Diplomates Certified in Sleep Medicine

## What is ABPN's role with the subspecialty of Sleep Medicine?

For the subspecialty of Sleep Medicine (SM), the American Board of Internal Medicine (ABIM) is the primary administrative Board; in other words, the ABIM develops and administers the assessments for SM. The ABPN is responsible for credentialing applications for our diplomates, and for issuing the certifications for diplomates who qualify by passing the SM assessments.

## What are my options for the Sleep Medicine Continuing Certification (CC) assessment requirement?

Per ABIM policy, all SM certified diplomates have the *option* of *either* taking the Continuing Certification (CC) exam every 10 years *or* participating in the *ongoing* Longitudinal Knowledge Assessment (LKA) to fulfill the *assessment* component of your continuing certification requirements for your SM certification.

Please also note that the ABPN's Article-Based Continuing Certification (ABCC) pathway is *not* available for SM, since we are not the primary administrative Board for SM.

## What is the Longitudinal Knowledge Assessment (LKA)?

The ABIM describes their LKA as a flexible continuing certification assessment *option* that aims to address the needs of today's practicing internists and subspecialists.

## When am I eligible to begin the LKA?

All ABPN SM-certified diplomates who wish to participate in the LKA *must* begin participating in January 2026 to fulfill the *assessment* component of their continuing certification requirements for Sleep Medicine.

## How do I enroll in the LKA to begin participating?

**ABIM** will create accounts for ABPN diplomates before December 1, 2025, and ABPN diplomates will be notified by **ABIM** via email on how to access their ABIM accounts to self-enroll in the LKA starting no earlier than December 1, 2025.

## What if I do not enroll in the LKA in 2026?

If you do *not* enroll and begin the LKA in 2026, then you are committing to taking the SM CC exam in your SM certification's 'Assessment Due' year, which is outlined in your individualized [ABPN Physician Portal](#). Diplomates will need to apply through their ABPN Portal when the SM CC exam application becomes available the December before their Sleep Medicine

Assessment Due year. Once your SM CC assessment application is approved by ABPN, **ABIM** will email you within two weeks to set up an account and register for the exam.

### **If I choose the LKA option, what is required of me?**

Over the course of 5 years, you will be offered 600 questions and must open at least 500 to meet the LKA Participation Requirement.

You will receive 30 questions at the start of each quarter and can answer them any time *before the end* of that quarter. You will have five minutes per question, and can answer one at a time, in batches, or whatever works best for you.

*At the end of each quarter:*

- Questions *you have opened* will be scored.
- Questions *you have not opened* will count toward the maximum of 100 total questions you do not have to open over 5 years.

Please note any unopened questions will not be scored and expire at the end of the quarter, meaning you cannot come back to them later.

### **What is the LKA performance standard?**

The LKA performance standard indicates the score you must meet at the end of your 5-year LKA cycle to continue your certification, also referred to as the Passing Score. Although you will receive formative feedback on how you are doing along the way, including how you are performing relative to the current Passing Score, a summative determination is made at the end of the 5th year.

### **What is the content of the LKA?**

The LKA will use the existing ABIM [MOC Assessment Blueprint](#) to inform its content. In other words, the major medical content categories in SM will be the same whether you choose the LKA or the CC examination.

### **What is the LKA question release schedule?**

For more detailed information on the ABIM's Longitudinal Knowledge Assessment, please use this link to the ABIM website: [ABIM LKA Information](#).

### **What happens if I run out of time answering a question in the LKA?**

Once you open a question, you will have five minutes to answer it. If the time expires before an answer is selected, the question will be marked incorrect, and you will be directed to the confidence rating and immediate feedback. If you select an answer but question time expires before you are able to click submit, the selected response will be recorded.

Remember that you have an annual 30-minute time bank you can utilize to add more time to an individual question if you need it.

### **When will I get feedback on each LKA question?**

For the majority of questions, you will receive feedback immediately after responding to each question. For a small portion of pre-test questions, immediate feedback is not provided.

### **When will my LKA question history be available in my Review Tab and how long will it be there?**

You will have access to your question history, which lists your questions with answers, rationales and references, about six months after you start the assessment and then quarterly thereafter. All live questions will show up in your question history about three months after the quarter closes and will be available for one year.

### **When will I find out how I am performing in the LKA?**

Access to an interim formative progress report will be available after you have answered enough questions. For most physicians that will happen at the end of the first quarter of the second year of taking the LKA. The quarterly progress reports will let you know how you are performing relative to the current passing standard, helping you understand areas you are performing well in, as well as those in which you may want to focus on for future study.

### **What kind of device can I use for the LKA?**

LKA device information and all other details can be found on the [ABIM website](#).

### **What happens if I am unsuccessful in the LKA or otherwise do not meet the participation requirement?**

While actively enrolled in the LKA, diplomates cannot continue if they fail to meet the minimum participation requirement in both 5-year LKA cycles. Therefore, to avoid a lapse in SM certification, such diplomates must pass the SM CC exam in their 'Assessment Due' year as outlined in their [ABPN Physician Portal](#) in order to avoid a lapse in certification. Applications can be found in your [ABPN Physician Portal](#) account. After passing the SM CC examination, diplomates wishing to enroll in the LKA must then rejoin the LKA the year after passing the CC exam.

### **Am I eligible for the LKA if my certification has lapsed?**

The LKA can be used to regain certification; however, the ABIM requires 5 years of successful participation in the LKA *before one can become recertified*, so a physician will be reported as "Not Certified" until that time. A Diplomate's status will only change at that time if they pass the LKA and are meeting all other Continuing Certification requirements outlined in their ABPN Physician Portal. A physician whose certification has lapsed may regain their certification more quickly by taking the next administration of the Sleep Medicine CC exam, *which is offered every year*.

### **Is my Sleep Medicine certification dependent on my primary specialty certification?**

No, ABPN diplomates have the choice as to whether or not to continue their primary specialty certification (i.e., in psychiatry, neurology, or child neurology). This is based on ABPN policy that allows ABPN diplomates certified in SM to follow the ABIM's policy regarding maintenance of primary certification for subspecialty certification. However, please note that if you choose to maintain your SM certification without continuing your primary

specialty certification, you will no longer be able to present yourself as a board-certified psychiatrist, neurologist, or child neurologist; you would *only* be able to present yourself as a board-certified sleep medicine physician.