



AAST



Learning Center

Educational Content Formats

Each content format supports different learning styles and needs—whether you're looking for quick updates, interactive training, or in-depth knowledge.

Modules

Self-paced, interactive online courses designed to teach or reinforce key topics in sleep technology. Modules often include quizzes or knowledge checks and offer CECs upon completion.

Webinars

Recorded or live video presentations led by industry experts on current topics, case studies, or emerging trends. Webinars typically include a Q&A session and may offer CECs.

Workbooks

Physical or digital guides that provide hands-on practice and review exercises. These are great for reinforcing learning from modules or webinars and are often used for exam prep or training.

eBooks

Comprehensive digital publications covering broader topics in sleep technology. These are ideal for in-depth study or reference.