

CERTIFICATE PROGRAM IN PRACTICAL POLYSOMNOGRAPHY

POLYSOMNOGRAPHY

Polysomnography (Level 1) is considered the gold standard for evaluation of sleep disorders although portable (Level 3) sleep studies are increasingly being used for diagnosis of Obstructive Sleep Apnea.

Nithra Institute of Sleep Sciences offers a short term certificate program in “Practical Polysomnography” which will help you to learn practical skills in setting up for polysomnography and portable sleep studies, scoring the studies and understanding interpretation by Sleep Medicine Specialists.

ELGIBILITY

The program is designed for nurses, respiratory therapists, sleep technicians and any other allied healthcare professionals with interest in enhancing skills in performing sleep studies. Doctors also find the program useful particularly while involved in setting up their own sleep lab to better guide their personnel involved in performing sleep studies.

COURSE DURATION: 10 days

COURSE CONTENT:

The course will be aimed at educating the participant regarding the understanding and evaluation of polysomnography recordings through practical hands-on experience

As part of your study, you might cover topics such as the following:

- Hook up - Level 1, 2 & 3
- Monitoring the Studies



- Trouble shooting Signals
- Sleep staging & scoring
- Understanding the terminologies in the interpretation done by Sleep Medicine Specialists.

The participant will be evaluated throughout the course duration through supervised practicums in our sleep lab setting.

CERTIFICATION

At the end of the course, the participant will be provided a certificate based on successful completion of the exam.