

## **ESSENTIALS OF CLINICAL SLEEP MEDICINE- TWO WEEKS COURSE**

The course is aimed at helping physicians develop their knowledge regarding basics of sleep physiology, sleep disorders and sleep studies. This is an effort to avert the under-recognition of sleep disorders and ascertain that the patient does not have to endure preventable distress.

**COURSE DURATION:** Two weeks (Sunday-holiday)

### **TOPICS FOR DISCUSSION (can be modified as per requirement)**

Sleep physiology, Basics of polysomnography, Sleep disordered breathing, Insomnia, Central disorders of hypersomnolence, Circadian rhythm disorders, Parasomnias, Sleep related movement disorders, Sleep disorders in special population

### **HANDS ON TRAINING**

- Working of sleep lab and conducting sleep studies
- Sleep staging and scoring
- CPAP
- Clinical experience with sleep specialists

The trainee also has free access to our library

An examination (MCQ pattern) will be conducted at the end of the course and the trainee is expected to score a minimum of 60% to receive a completion certification. Those who are unable to achieve the score of 60% will be provided an attendance certificate

## **ESSENTIAL READING**

The trainee is expected to make himself / herself familiar with the following articles before the commencement of the course

- Sateia MJ, Buysse DJ, Krystal AD, Neubauer DN, Heald JL. Clinical practice guideline for the pharmacologic treatment of chronic insomnia in adults: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med.* 2017;13(2):307–349.
- Spicuzza L, Caruso D, Di Maria G; Obstructive sleep apnoea syndrome and its management. *Ther Adv Chronic Dis.* 2015 Sep6(5):273-85
- Auger RR, Burgess HJ, Emens JS, Deriy LV, Thomas SM, Sharkey KM. Clinical practice guideline for the treatment of intrinsic circadian rhythm sleep-wake disorders: advanced sleep-wake phase disorder (ASWPD), delayed sleep-wake phase disorder (DSWPD), non-24-hour sleepwake rhythm disorder (N24SWD), and irregular sleep-wake rhythm disorder (ISWRD). An update for 2015. *J Clin Sleep Med* 2015;11(10):1199 –1236
- AASM Scoring guidelines 2007.