

**Academy of Sleep Wake Science**

**AASM rules for scoring Sleep and  
associated events in Adults**

**Aim:**

To learn AASM scoring rules for scoring Sleep, arousals, respiratory events, periodic limb movements in sleep(PLMS) in adults

**Agenda:**

Webinar time	Topic
<b>Webinar 1</b>	<ol style="list-style-type: none"><li>1. Identify different Sleep waveforms</li><li>2. Scoring Stage Wake, N1, N2 and N3</li><li>3. Scoring Arousals in NREM Sleep</li><li>4. Practice Exercise</li></ol>
<b>Webinar 2</b>	<ol style="list-style-type: none"><li>1. Scoring REM Sleep</li><li>2. Scoring Arousals in REM Sleep</li><li>3. Practice Exercise</li></ol>
<b>Webinar 3</b>	<ol style="list-style-type: none"><li>1. Scoring Respiratory events</li><li>2. Scoring PLMS</li><li>3. Practice Exercise</li></ol>
<b>Webinar 4</b>	<ol style="list-style-type: none"><li>1. Interpretation of Level 1 Sleep report</li><li>2. OSA Phenotyping based on PSG report</li></ol>

**Instructor Profile**

**Dr. Tripat Deep Singh**



- **Doctor:** MBBS, MD(Physiology)
- **Sleep Specialist:** International Sleep Specialist (World Sleep Federation Program)
- **Sleep Technology Certifications:** RPSGT, RST
- **Certification in Clinical Sleep Health- CCSH**
- **Director,** Academy of Sleep and Wake Science
- **Chief Medical Officer** REM42

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- **Past Teaching Faculty:** In Duke NUS SingHealth Sleep Centre Philips Sleep Medicine Courses Singapore
- **Author:** Published 3 Books- “Basic Polysomnography- An algorithmic approach to Sleep Scoring”, “Sleep Technology Review” and “RPSGT and CPSGT Mock Exams”
- **Associate Editor:** American Association of Sleep Technologist textbook “Fundamentals of Sleep Technology”
- **Editor:** ISSR newsletter “Sleepwatching India”
  
- **Awards:** He was awarded Medal of Honor by Ministry of Health Vietnam for his contributions to the field of Sleep Medicine and Sleep Technology in Vietnam

For more details please contact-

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