

Academy of Sleep Wake Science

Advanced PSG and Titration Course 2022

A complete course for learning PSG and Titration and RPSGT Exam preparation

BRPT approved STAR program

Star Code: SS010





We are pleased to announce that our "Advanced Polysomnography and Titration Course" is now approved as STAR program by BRPT

**APPLY FOR IT AND FULFIL ONE OF THE
ELIGIBILITY CRITERIA OF RPSGT EXAM
PATHWAY 1 & 4 AND CPSGT EXAM
PATHWAY 1 & 3**

STAR CODE: SS010



Dr. Tripat Deep Singh
Program Director

CONTACT US:

EMAIL: CONTACT@ASWSEEDUCATION.COM

PH.NO: +91-9944816086

ACADEMY OF SLEEP WAKE SCIENCE

Advanced PSG and Titration course

Aim:

- a. To learn all aspects of PSG and Titration
- b. To prepare for RPSGT Exam

Dates: May 2022

Timing:

- a. **Webinar timing** 6:30-8:30pm India time

Course fee:

- a. **International students- USD 1800 (Includes 18% GST)**
- b. **Indian students- Rs. 100,300 (Includes 18% GST)**

As part of the fee, students will get the following-

- a. 3 books
 - I. Basic Polysomnography- An algorithmic approach to sleep scoring
 - II. Sleep Technology Review
 - III. RPSGT and CPSGT Mock Exams
- b. Sleep study scoring exercises with feedback
- c. Access to instructor for doubt clearing sessions throughout the course
- d. Guidance to send the application for RPSGT Exam

Agenda:

Time	Date	Topic
Webinar 1: 6:30-8:30pm IST	19/05/2022	<ol style="list-style-type: none">1. Introduction to Course2. Sleep architecture in Children3. Sleep architecture in Adults4. Cardiac & Respiratory Physiology
Webinar 2: 6:30-8:30pm	26/05/2022	<ol style="list-style-type: none">1. Referral process in Sleep Laboratory2. Duties of the Sleep technologist<ol style="list-style-type: none">a. Chart review and questionnairesb. Patient interaction and professionalismc. Patient monitoringd. Data archiving3. Types of Sleep studies

Webinar 3: 6:30-8:30pm	02/06/2022	<ol style="list-style-type: none"> 1. Types of signals recorded during the sleep study <ol style="list-style-type: none"> a. Patient and equipment preparation 2. International 10-20 system of EEG electrode placement
Webinar 4: 6:30-8:30pm	09/06/2022	<ol style="list-style-type: none"> 1. PSG Machine and Bio calibration 2. Basics of Differential amplifier 3. Understanding filters in PSG
Webinar 5: 6:30-8:30pm	16/06/2022	<ol style="list-style-type: none"> 1. Understanding gain and sensitivity settings 2. MSLT and MWT
Webinar 6: 6:30-8:30pm	23/06/2022	<ol style="list-style-type: none"> 1. Home Sleep Testing 2. Emergency procedures in Sleep lab 3. Disinfection in Sleep lab
Webinar 7: 6:30-8:30pm	30/06/2022	<ol style="list-style-type: none"> 1. International classification of Sleep disorders 2. Insomnia 3. Sleep related Breathing disorders
Webinar 8: 6:30-8:30pm	07/07/2022	<ol style="list-style-type: none"> 1. Central disorders of Hypersomnolence 2. Circadian rhythm Sleep-Wake disorders 3. Parasomnias
Webinar 9: 6:30-8:30pm	14/07/2022	<ol style="list-style-type: none"> 1. Movement disorders 2. Sleep and Epilepsy 3. Effect of drugs on Sleep
Webinar 10: 6:30-8:30pm	21/07/2022	<ol style="list-style-type: none"> 1. Rules for scoring sleep and associated events 2. Sleep waveforms in EEG 3. Sleep waveforms in EOG
Webinar 11: 6:30-8:30pm	28/07/2022	<ol style="list-style-type: none"> 1. AASM rules for scoring Stage W in Adults and children 2. AASM rules for scoring Stage N1 in Adults and children 3. AASM rules for scoring Stage N2 in Adults and children 4. AASM rules for scoring Arousals in NREM Sleep Adults and children
Webinar 12: 6:30-8:30pm	04/08/2022	<ol style="list-style-type: none"> 1. AASM rules for scoring Stage N3 in Adults and children

		<ol style="list-style-type: none"> 2. AASM rules for scoring Stage R in Adults and children 3. AASM rules for scoring Arousals in REM Sleep Adults and children 4. Infant Sleep scoring
Webinar 13: 6:30-8:30pm	11/08/2022	<ol style="list-style-type: none"> 1. AASM rules for scoring epochs with Major Body Movement 2. AASM rules for scoring Respiratory events in Adults and children
Webinar 14: 6:30-8:30pm	18/08/2022	<ol style="list-style-type: none"> 1. AASM rules for scoring PLMS in adults and children 2. AASM rules for scoring movement disorders
Webinar 15: 6:30-8:30pm	25/08/2022	<ol style="list-style-type: none"> 1. Normal ECG 2. AASM rules for scoring Cardiac events
Webinar 16: 6:30-8:30pm	01/09/2022	<ol style="list-style-type: none"> 1. Data Analysis and Reporting <ol style="list-style-type: none"> a. Interpretation of Diagnostic Sleep study report part 1: Sleep parameters b. Interpretation of Diagnostic Sleep study report part 2: Respiratory and other parameters
Webinar 17: 6:30-8:30pm	08/09/2022	<ol style="list-style-type: none"> 1. Artifacts 2. CPAP titration for OSA patient
Webinar 18: 6:30-8:30pm	15/09/2022	<ol style="list-style-type: none"> 1. BiPAP titration for OSA patient 2. Oxygen titration for OSA patient 3. Choosing right mask for delivery of PAP therapy for OSA patient
Webinar 19: 6:30-8:30pm	22/09/2022	<ol style="list-style-type: none"> 1. Factors affecting adherence to PAP therapy in OSA patients 2. How to improve PAP adherence in OSA patient
Webinar 20: 6:30-8:30pm	29/09/2022	<ol style="list-style-type: none"> 1. Alternative therapies for treating OSA 2. PAP acclimation and desensitization 3. PAP-NAP trial
Webinar 21: 6:30-8:30pm	06/10/2022	<ol style="list-style-type: none"> 1. Indications for NIV 2. Respiratory waveforms in NIV devices 3. Different modes of NIV 4. Titrating NIV devices in Sleep lab

Webinar 22: 6:30-8:30pm	13/10/2022	<ol style="list-style-type: none"> 1. PAP therapy for other SDB disorders 2. BiPAP Auto/Adaptive Servo Ventilation
Webinar 23: 6:30-8:30pm	20/10/2022	Mock Exam 1
Webinar 24: 6:30-8:30pm	27/10/2022	Mock Exam 2
Webinar 25: 6:30-8:30pm	03/11/2022	American Board of Sleep Medicine Sleep Scoring Exam

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

- **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 3rd edn”
- **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