

ADVANCED PSG AND TITRATION COURSE

A complete course for learning PSG instrumentation, Sleep lab diagnostic and therapeutic protocols for anyone who wish to learn the subject

RPSGT EXAM PREPARATORY COURSE
BRPT (US) STAR PROGRAMME
STAR CODE: SS010

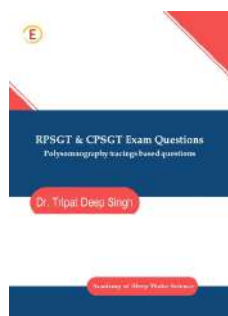
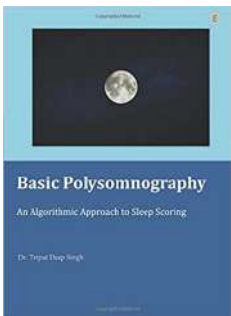
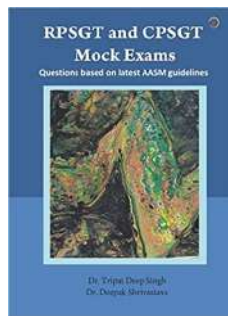


Dr. Tripat Deep Singh
Course Director

NEW BATCH STARTS 04 JAN 2025

**JOIN BEFORE 10 DEC 2024 TO GET
RS. 23000 WORTH OF ADDITIONAL
COURSES FREE**

**LEARN FROM AUTHOR
OF FOLLOWING
BOOKS:**



**6 MONTHS
ONLINE COURSE**

LEARN FROM YOUR HOME



**HANDS ON SLEEP
SCORING**

PRACTICE SCORING 1-2 SLEEP STUDIES
PER WEEK ON REAL PATIENT DATA



**WEEKLY DOUBT
CLEARING SESSIONS**

DOUBT CLEARING IN SLEEP STUDY
SCORING, MCQ'S AND OTHER CLINICAL
QUERIES

Call us for more info



+91-9944816086



CONTACT@ASWSEEDUCATION.COM



WWW.ASWSEEDUCATION.COM

ACADEMY OF SLEEP WAKE SCIENCE

Who should Join?

01

Anyone who wants to learn about Sleep Lab set up and its different protocols

02

Anyone who wish to become certified professional in the field of Sleep

03

Anyone who wish to start their own Sleep practice

04

Anyone who wish to appear for Sleep Medicine Exam

Course covers sleep technology portion of exam

05

Anyone who wish to appear for International Sleep technology certifications (RPSGT)

06

Anyone who wish to move abroad and work with Sleep disorder patients

What will you learn in this course?

Course Highlights

You will learn about

01

Fundamentals of PSG Instrumentation

Helps in setting up of your own sleep lab
Helps in choosing the right equipment to meet your clinical needs

02

Sleep lab diagnostic protocols

Diagnose different sleep disorders using different diagnostic tools

03

Sleep lab therapeutic protocols for SDB

Treat Sleep Disordered Breathing with different therapy options

04

Basics of Sleep disorders

Diagnose different Sleep disorders

05

Adult / Pediatric AASM sleep scoring rules

Manually analyze sleep study data

06

RPSGT Exam preparation

Stay focused on relevant content
Personal mentorship

There are two ways to enroll in this course- Option 1 & 2. Please read below to understand the difference between option 1 & 2.

Benefits	Option 1 Self-study Mode	Option 2 Mentorship Program
STAR Program certificate	Yes	Yes
1yr video access	Yes	Yes
MCQ assignments after video	Yes	Yes
Sleep scoring exercises on real patient data with feedback	No	Yes
3 course books	No	Yes
Weekly doubt clearing sessions	No	Yes (6:30-8:30pm India time)
Evaluations after completion of each course module	No	Yes
2 RPSGT mock exams at end of the course	No	Yes
Sleep scoring proficiency exam	No	Yes
Free Sleep scoring update course	No	Yes
Help with RPSGT Exam application	No	Yes
Personal doubt clearing	No	Yes
Certificate of completion	Yes	Yes
STAR program transcript to go along with RPSGT exam application	Yes	Yes
Sleep scoring Proficiency certificate	No	Yes
Duration	Self-study online program	6 months Online program
Fee	Rs. 50,000	Indian student: Rs. 1,00,300 International student: USD1800
How to enroll?	Scan QR code	Call at +91-9944816086 Email: contact@aswseducation.com

"Advanced PSG and Titration" Course Option 2 Highlights

BRPT approved STAR program
STAR Code SS010

01

Live classes every week

Focus on doubt clearing
Elaborate on difficult concepts

02

Weekly assignments

Keeps you focused and motivated
Engages you with content in more depth

03

One to One Mentorship

Academic and clinical doubt clearing
Help in setting up of the Sleep lab

04

Periodic evaluations

Helps to evaluate your strengths and work on your weak areas

05

2 RPSGT Mock exams

Helps to test your readiness for main exam
Helps to identify your strengths and weaknesses

06

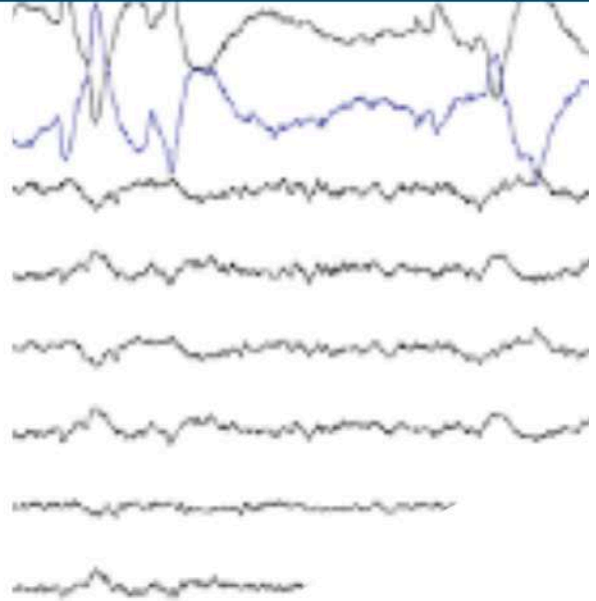
Get 3 Course books

It complements your video learning
Covers everything required to be successful in RPSGT Exam

ACADEMY OF SLEEP WAKE SCIENCE

Launches "Sleep Scoring Platform"

Join Asia's first sleep scoring platform to learn scoring different types of sleep studies with feedback on your scoring



Practice Sleep Scoring



Level 1 sleep study

Score Diagnostic, titration and split night studies



Level 2 sleep study

Score diagnostic studies



Level 3 sleep study

Score studies from different devices



MSLT scoring

Score normal and abnormal MSLT studies



Why Choose Us?

Join our platform to practice and learn AASM scoring rules and also to fulfill the eligibility criteria of scoring 100 PSG and 5 MSLT for World Sleep Society Sleep Medicine Exam

- ✓ Carefully selected studies
- ✓ Feedback on scoring
- ✓ Covers different sleep disorders
- ✓ New studies every month

Contact Us



+91-9944816086

Course Option 2 Agenda

	Date	Topic
Topic 1	04/01/2025	<ol style="list-style-type: none">1. Introduction to Course2. Sleep architecture in Children3. Sleep architecture in <u>Adults</u>4. Cardiac & Respiratory Physiology
Topic 2	11/01/2025	<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
Topic 3	18/01/2025	<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 preparation2. International 10-20 system of EEG electrode placement
Topic 4	25/01/2025	<ol style="list-style-type: none">1. PSG Machine and Bio calibration2. Basics of Differential amplifier3. Understanding filters in PSG
Topic 5	01/02/2025	<ol style="list-style-type: none">1. Understanding gain and sensitivity settings2. MSLT and MWT
Topic 6	08/02/2025	<ol style="list-style-type: none">1. Home Sleep Testing2. Emergency procedures in Sleep lab3. Disinfection in Sleep lab
Topic 7	15/02/2025	<ol style="list-style-type: none">1. International classification of <u>Sleep disorders</u>2. Insomnia3. Sleep related Breathing disorders
Topic 8	22/02/2025	<ol style="list-style-type: none">1. Central disorders of Hypersomnolence2. Circadian rhythm Sleep-Wake disorders3. Parasomnias
Topic 9	01/03/2025	<ol style="list-style-type: none">1. Movement disorders2. Sleep and Epilepsy3. Effect of drugs on Sleep
Topic 10	08/03/2025	<ol style="list-style-type: none">1. Rules for scoring sleep and associated events2. Sleep waveforms in EEG3. Sleep waveforms in EOG

Course Agenda Option 2

Topic 11	15/03/2025	<ol style="list-style-type: none">1. AASM rules for scoring Stage W in Adults and children2. AASM rules for scoring Stage N1 in Adults and children3. AASM rules for scoring Stage N2 in Adults and children4. AASM rules for scoring Arousals in NREM Sleep Adults and children
Topic 12	22/03/2025	<ol style="list-style-type: none">1. AASM rules for scoring Stage N3 in Adults and children2. AASM rules for scoring Stage R in Adults and children3. AASM rules for scoring Arousals in REM Sleep Adults and children4. Infant Sleep scoring
Topic 13	29/03/2025	<ol style="list-style-type: none">1. AASM rules for scoring epochs with Major Body Movement2. AASM rules for scoring Respiratory events in Adults and children
Topic 14	05/04/2025	<ol style="list-style-type: none">1. AASM rules for scoring PLMS in adults and children2. AASM rules for scoring movement disorders
Topic 15	12/04/2025	<ol style="list-style-type: none">1. Normal ECG2. AASM rules for scoring Cardiac events
Topic 16	19/04/2025	<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 parametersb. Interpretation of Diagnostic Sleep study report part 2: Respiratory and other parameters
Topic 17	26/04/2025	<ol style="list-style-type: none">1. Artifacts2. CPAP titration for OSA patient
Topic 18	03/05/2025	<ol style="list-style-type: none">1. BiPAP titration for OSA patient2. Oxygen titration for OSA patient3. Choosing right mask for delivery of PAP therapy for OSA patient
Topic 19	10/05/2025	<ol style="list-style-type: none">1. Factors affecting adherence to PAP therapy in OSA patients

Course Agenda Option 2

		2. How to improve PAP adherence in OSA patient
Topic 20	17/05/2025	<ol style="list-style-type: none">1. Alternative therapies for treating OSA2. PAP acclimation and desensitization3. PAP-NAP trial
Topic 21	24/05/2025	<ol style="list-style-type: none">1. Indications for NIV2. Respiratory waveforms in NIV devices3. Different modes of NIV4. Titrating NIV devices in Sleep lab
Topic 22	31/05/2025	<ol style="list-style-type: none">1. PAP therapy for other SDB disorders2. BiPAP Auto/Adaptive Servo Ventilation
Mock Exam 1		
Mock Exam 2		

□

Course Director and 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
 - **Founder-** Academy of Sleep and Wake Science, Patiala, Punjab India
-
- **Course director** for India's first BRPT approved STAR programs for RPSGT and CCSH exams
 - **Past Teaching Faculty:** In Duke NUS SingHealth Sleep Centre Philips Sleep Medicine Courses Singapore
 - **Adjunct Faculty** in Pediatric Sleep Medicine course organized by Pediatric Sleep Unit NUS Singapore
 - **Author:** Published 5 Books- "Basic Polysomnography- An algorithmic approach to Sleep Scoring", "Sleep Technology Review", "RPSGT and CPSGT Mock Exams", "RPSGT Polysomnography tracings based Exam questions" and "CCSH Exam Review"
 - **Associate Editor:** American Association of Sleep Technologist textbook "Fundamentals of Sleep Technology"
 - **Editor:** ISSR newsletter "Sleepwatching India"

Past students feedback on course!

Student Testimonial



I recently had the opportunity to attend the Advanced PSG and Titration course offered by the Academy of Sleep Wake Sciences under the expert guidance of Dr. Tripat, and I must say it was an exceptionally valuable experience.

The course is meticulously designed to cover advanced concepts in polysomnography (PSG) and titration. Tripat sir is a seasoned professional with extensive experience in sleep medicine. His expertise and passion for the subject were evident throughout the course. One of the highlights of the course was the sleep scoring platform and the sleep summary writing exercise.

Overall, the Advanced PSG and Titration course at the Academy of Sleep Wake Sciences is a highly recommended program for anyone looking to deepen their expertise in sleep medicine.



Dr. Subham Sahoo, student of MD Pulmonary Medicine (Final Year) BHU Varanasi, was student of our “Advanced PSG and Titration Course” and “CCSH Exam preparation” course

Next batch starts from 26 SEPT 2024
Contact at +91-9944816086

ACADEMY OF SLEEP WAKE SCIENCE

Past students feedback on course!

Student Testimonial



I recently completed the Advanced PSG and Titration course under the expert guidance of Dr. Tripat Deep Singh, the distinguished Director of the Academy of Sleep Wake Science. This course is a veritable treasure trove of knowledge for anyone passionate about sleep technology.

Dr. Singh's methodical and engaging approach transforms even the most complex concepts into easily comprehensible lessons for novices and experts alike. The course features practical, hands-on homework assignments, allowing students to score sleep studies. This invaluable practical experience is a standout feature of the program.

Supplementing the course is Dr. Singh's own textbook, "Sleep Technology Review," an indispensable resource that enhances the learning experience. He has also brought out other excellent textbooks like "Basic Polysomnography - An Algorithmic Approach to Sleep Scoring", "CCSH Exam Review", "RPSGT and CPSGT mock exams" to name a few. His interactive classes are masterfully designed, with Dr. Singh skillfully demystifying intricate topics. His teaching style is akin to that of a nurturing mother bird, dispensing knowledge in perfectly measured portions. He understands that students come from diverse backgrounds, juggling professional duties and family commitments, and is always accommodating and supportive.

Dr. Singh's warm, approachable demeanor creates an inviting learning atmosphere. He generously shares a wealth of recorded videos on various sleep topics, further enriching the learning experience. One of the most commendable aspects of this course is Dr. Singh's unwavering support, even after the course has concluded. He remains readily available to assist with any queries related to scoring studies, setting up sleep labs, or troubleshooting issues during recordings.

Furthermore, Dr. Singh is deeply invested in his students' success, providing invaluable guidance on how to excel in various sleep medicine examinations. His mentorship ensures that we are well-equipped to emerge as leaders in the field of sleep medicine. This course has been an enlightening and transformative experience, and I wholeheartedly recommend it to anyone seeking to elevate their expertise in sleep technology.



Dr. M. Senthil Velou. MD (Physiology), MHS, RPSGT. Additional Professor, Dept. of Physiology, AIIMS Madurai, Tamil Nadu, India was student of our "Advanced PSG and Titration Course"

Next batch starts from 9 Aug 2024

Contact at +91-9944816086

ACADEMY OF SLEEP WAKE SCIENCE

Past students feedback on course!

Student Testimonial



As a paediatric respiratory physician with a missed opportunity to learn sleep scoring during my fellowship training, I am deeply grateful for the detailed one-on-one weekly session with Dr Tripat who taught in detail everything about sleep scoring and cleared all our doubts no matter how trivial.

Dr Tripat has managed to make the very dry and boring EEG waveforms which used to look like worms to me, interesting and stirred up a great interest and passion for sleep medicine in me.

Thank you to Dr Tripat, the academy and this excellent programme for helping me prepare for and pass the RPSGT exam which has many technical aspects that most clinicians aren't aware of.

I would highly recommend this detailed programme to clinical fellows during training to get a comprehensive overview of sleep scoring and as a preparation for the RPSGT exam. Highly recommended to anyone performing and interpreting sleep studies or preparing for the RPSGT exam!



Dr. Su Siew Choo
Pediatric Respiratory Physician, RPSGT, Malaysia
Student of our **“Advanced PSG and Titration Course”**
and **“Certification in Clinical Sleep Health Course”**

Next batch starts from 22 June 2024
Contact at +91-9944816086

ACADEMY OF SLEEP WAKE SCIENCE

Student Testimonial



I am very much grateful to Dr Tripat sir for his passionate mentorship .I joined Advanced PSG and Titration course in March 23.It was an amazing journey starting from identification of K complex,LAMF,Delta waves to scoring of Sleep stages, reading and interpretation of PAP reports to its troubleshooting! It covered all the theoretical as well as practical aspects of PSG.

Dr Tripat is a passionate teacher. His immense dedication towards the subject and urge to convey his knowledge to the students is really adorable. He conveyed the complicated protocols into simple flowcharts. His practical explanations helped us to gain knowledge with clear understanding. All the modules were thoughtfully designed to cover the whole spectrum. The weekly class had interactive sessions which cleared even the smallest of our doubts and made us confident week by week. Truly it was an exceptional experience which we enjoyed very much.

I appeared for RPSGT exam almost 6 months after finishing my Advanced PSG and Titration course. I was a bit hesitant but I must admit I just followed the comprehensive approach and precise methodology which we learnt during the course and I cleared the exam with a good score. Though I was practicing into Sleep Medicine over few years, the course gave me a difference insight and confidence to diagnose and manage the sleep disorders.

Thank you so much Dr Tripat sir and all my colleagues during the course which made this learning journey wonderful!



Dr. Smita Nagesh
Pulmonologist, RPSGT, India
Student of our **“Advanced PSG and Titration Course”**
and **“Certification in Clinical Sleep Health Course”**

Next batch starts from 15 May 2024
Contact at +91-9944816086

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!



This course is highly recommended for those looking to clear the RPSGT exam. I cleared my RPSGT exam in one attempt by following the Advanced PSG and Titration course. The content of the course is designed for step-wise learning with video classes and books, but for me, what helps the most is weekly doubt-clearing classes focusing on my weakness in scoring and clearing doubts in recorded sessions.



Mohammed Abdul Shoeb
RPSGT, India

**Student of our
“Advanced PSG and Titration Course”**

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!



I consider myself fortunate and privileged to have joined ASWS and guided by Dr Tripat Singh. His tutorials have been eye-opening, and his teaching style is exceptional. The lectures are very lucid and make the complex subject very simple.

He is a mentor who takes keen interest in the progress of individual student. He not only guides but handholds each of his students to learn sleep medicine and polysomnography reporting. I would recommend everyone who wishes to have a clear understanding of Sleep Medicine and those who wish to clear RPSGT with high scores to join the RPSGT course at Academy of Sleep Wake Science.



Dr. Tarun Nagpal

Dr. Tarun Nagpal
Neurologist, RPSGT
India

**Student of our
"Advanced PSG and Titration Course"**

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!



I'm very grateful to have known Dr Tripat since 10 years. I never regret that I joined the Advanced PSG and Titration Course as a student. Dr Tripat is an excellent teacher who taught, guided and assisted me to gain more knowledge in sleep medicine. He will make sure that his students understand and familiarise with the learning topics of sleep medicine. Dr Tripat gave full explanations for each practice questions and I'm really thankful to him. I recommend to everyone to join this course as Dr Tripat is a great and wonderful mentor. Once again, thank you for your guidance and kindness.



Dr. Rashidah Yasin
Pulmonologist, RPSGT
Malaysia

**Student of our
"Advanced PSG and Titration Course"**

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!



Gratitude fills my heart as I express my sincere thanks for valuable support of Dr Tripat in helping me pass the RPSGT exam. Sir your support were instrumental In clarifying concepts and boosting my confidence. The course content is exceptionally well crafted , delivering a comprehensive and insightful learning experience. The course stands out with its unique approach of using ISR Platform to practice real patient Sleep reports. Weekly personalised guidance regarding the Sleep studies scored provided by Dr Tripat improved and rectified my mistakes in my sleep scoring. Thank you Dr Tripat, you are an exceptional Teacher, truly inspiring.



Ms. Stemi Stanly
RT, RPSGT
KERALA, India

**Student of our "Advanced PSG and
Titration Course"**

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!



The Academy of Sleep Wake Science's Advanced PSG and Titration Course exceeded my expectations in every aspect. Dr.Tripat's teaching prowess stood out, making complex subjects easily understandable. His patient and strategic guidance, coupled with hands-on scoring training, significantly enhanced my understanding. The weekly doubt clearing sessions were invaluable, fostering a supportive learning environment. This course provides comprehensive knowledge essential for the RPSGT Exam, covering all relevant topics in-depth. Thanks to the thorough preparation, I passed the exam with flying colors. A heartfelt thank you to Dr.Tripat and the Academy for their commitment to excellence in sleep science education.



Dr. Shwe Yee Win Le
MBBS, RPSGT
Yangon, Myanmar

**Student of our
"Advanced PSG and Titration Course"**

Past students feedback on course!

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!



One of the most well-structured academic processes that I have been involved in. Big thanks to Dr. Tripat for his dedication and passion. A truly committed and humble teacher. Hope to continue learning with you. One of the best platforms for any clinician interested in Sleep Medicine. Strongly recommend it.



Dr. Karan Mahesh Desai
Neurologist, RPSGT
Surat Gujarat, India

Student of our "Advanced PSG and Titration Course" and "Certification in Clinical Sleep Health (CCSH)" Course

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!

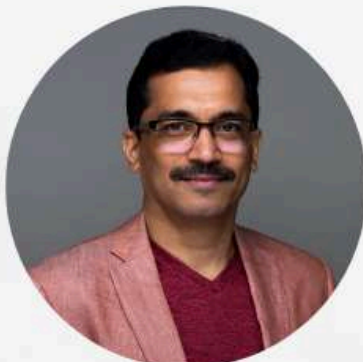


I had the privilege of receiving coaching from Dr. Tripat Singh at ASWS for PSG titration, and I can confidently say that it was an exceptional experience. Dr. Singh's approach to teaching not only instills a deep understanding of the technical and clinical aspects of PSG but also prepares you comprehensively for qualifying exams like RPSGT.

His one-on-one coaching sessions were invaluable, providing a personalized learning experience that catered to my specific needs and concerns. Dr. Singh's depth of knowledge in PSG titration is truly impressive, and he conveys complex concepts in a clear and understandable manner.

One of the aspects that truly sets Dr. Singh apart is his unwavering dedication to his students. He motivates and supports you every step of the way, ensuring that you feel confident in your abilities. His hands-on guidance and mentorship extend far beyond typical coaching, and it's evident that he genuinely cares about his students' success.

Thanks to Dr. Singh's coaching, I not only feel well-prepared to report any PSG but also have the confidence and knowledge required to excel in the RPSGT exam. I am immensely thankful for the remarkable coaching experience he provided, and I highly recommend his services to anyone seeking to excel in the field of PSG titration and sleep medicine.



Dr. Datta B Nadgir
Neurologist, RPSGT India

Student of our Advanced PSG and Titration Course

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!



I feel that Dr Tripat is an one man army. I am yet to see any teacher with this level of dedication in my entire span of learning and teaching. Dr Tripat has a subtle, yet didactic ways of teaching wherein he not only inculcates best of his knowledge but also stimulates knowledge acquiring behavior in a student.

His time disposition is terrific. Tirelessly he spends hours to clear the confusion regarding any epoc of psg.

I feel proud to be his student. Through the course, I learned a lot about diagnostic and thereupetic protocols, learned about sleep scoring, got enough material to follow. Not only that Dr Tripat keeps his students abreast with the current knowledge. It was due his unparalleled guidance, I could clear my RPSGT exam.

Thanks for being there sir! I appreciate your presence in the journey of my learning.



Dr. Shubana Ashraf

Neurologist, RPSGT India

Student of our Advanced PSG and Titration Course

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!



Dr Tripat's teaching methods are revolutionary. He takes you through tricky and new concepts from start to finish in a clear, concise and understandable way. He has developed his content and methods over time and they work beautifully. The algorithms are designed to make a vast and spread out subject as methodical as possible. Without his course clearing the RPSGT wouldn't have been possible for me. Sleep is a critical pillar of good health and learning about it in this course has been fascinating. Thank you Sir for being so supportive and approachable.



Dr. Nupur Jhunjunwala
BDS, RPSGT
Mumbai India
Student of our Advanced PSG and Titration Course

Past students feedback on course!

STUDENT TESTIMONIAL



“

”

"I am very fortunate to be part of Dr. Tripat's Advanced PSG & Titration course , which is unique and simplified for all the levels of learners . Though i am practicing pulmonologist for the last 18 years , my knowledge is very much limited to OSA so far and now i am confident to handle most of the sleep related breathing disorders.,i had the plenty of opportunity to learn sleep comprehensively and boosting my confidence in day to day practice . Dr. Tripat sir planned the course meticulously covering each and every aspect with simple explanations and practical real-time examples. Doubt clearing sessions were elaborative providing opportunity to every one and making learning more interactive . I thank Dr. Tripat sir from my bottom of heart for his support and encouragement throughout the course and helping me clearing the RPSGT exam , which infarct changed my entire perspective towards sleep medicine."



Dr. A. Vinay Kumar

Student of Our Advanced PSG and Titration Course

ACADEMY OF SLEEP WAKE SCIENCE

Past students feedback on course!

ACADEMY OF SLEEP WAKE SCIENCE

STUDENT TESTIMONIAL!!



I consider it to be my utmost privilege to receive training from Dr. Tripat Deep Singh. The Advanced PSG & Titration Course is very comprehensive and well designed by Sir. It covers all topics pertaining to Sleep Medicine and provides valuable insights into the Technical & Clinical aspects of Sleep Medicine while simultaneously preparing for the RPSGT Exam. The lecture modules are very precise, simple, easy to understand and cover all details of Sleep technology, different Sleep Studies, Sleep Scoring, various Sleep Disorders, PAP & Non-PAP Therapy, Interface, PAP Compliance and Troubleshooting.

The personal involvement of a dedicated & passionate teacher like Dr. Tripat Deep Singh sets this course apart. His simple explanations, practical examples and vast knowledge contribute to provide a very remarkable learning experience. The weekly interactive class gives ample opportunity to clear doubts on one-to-one basis.

Under the able guidance of Sir, I passed my RPSGT Exam in the First attempt. I am thankful to Dr. Tripat for helping me achieve my dream of RPSGT certification and I recommend this course to get better knowledge to excel in this field of Sleep Medicine.



DR. SAILI BENDRE, RPSGT

Specialization in Respiratory
Diagnostics, India

Student of our Advanced PSG and Titration Course

Advanced PSG and Titration Course

Course Student Feedback

I joined the course as novice in the field of Sleep Medicine. During the course I learnt about various diagnostic and therapeutic protocols followed in the Sleep lab. The information in Sleep Technology Review book was easy to understand and helped me to learn properly about different protocols.

During the course I learnt how to score type 1-3 sleep study by applying all the scoring rules learnt in class on actual patient data. Best thing was that I got feedback on every epoch regarding my mistakes which helped me to improve my sleep study scoring skills.

There were plenty of opportunities to clarify doubts in the live class every week where Dr. Tripat helped to clarify each students individual doubts one by one. All the information taught during lectures can be easily found in the Sleep Technology Review book which was provided as part of the course reading material along with 2 other books- Basic polysomnography book and RPSGT Mock exam book.

I loved the content presented in the 3 books so much as it helped me to learn all the relevant content in an easy way. The lectures were crisp, precise, easy to follow and understand complemented by the content in Sleep Technology Review book.

Dr. Tripat had planned the course in such a way that it kept me engaged for full 6 months while learning all the relevant sleep lab concepts in a step by step manner with enough practical exercises to apply what we were learning during the course on patient data.

The course also prepare you simultaneously for RPSGT exam. There are enough MCQ's discussed during the course which increased my confidence to face the exam. There were periodic evaluations after finishing small portions in the course which helped me to grasp important concepts.

I am happy to have passed RPSGT exam and I am thankful to Dr. Tripat for putting this comprehensive program together for beginners as well as experts to grow their career in the field of Sleep Medicine.



Ms. Chiew Yinn Ooi
BE (Hons), MBA, RPSGT
Malaysia

Past students feedback on course!



Dr. Somnath Bhattacharya
Associate Consultant Pulmonologist. MBBS, DTCD, MD(Kanpur),
EDRM(UK), FAPSR(Japan). CK Birla Hospital, Kolkata.

I really enjoyed learning Sleep Medicine from this course. It's very precise and meaningful. Dr Tripat has designed it beautifully for both learning the subject and exam purpose. Highly recommended and value for money.



Dr. Harshini Errabelli
Founder, Sleep Therapeutics
Interventional Pulmonologist and Sleep Specialist
Hyderabad, India

Thank you Dr. Tripat sir and Academy of Sleep Wake Science for providing such a wonderful platform to learn all about PSG and titration. Such a complicated topic was taught in a simple and easy to learn way. The material provided was very much useful. All the books written by Tripat sir were absolutely worth reading and I hope this course will benefit many more people ahead!



Dr. Fuaziah Nasir
ENT Surgeon, RPSGT
Putrajaya Hospital
KL Malaysia

I had joined many Sleep courses in the past, but I was not happy with the knowledge I gained by attending those Sleep courses.

Past students feedback on course!

I decided to join Dr Tripat's online "Advanced PSG and Titration Course". Initially I thought the course was pricey but the knowledge i gained by attending this course is priceless.

Dr Tripat taught the basics of sleep technology and medicine that is very important not only to pass the exam but for my daily Sleep Medicine practice as well.

I am thankful to Dr. Tripat for being such an amazing teacher.

Thank you for working extra hours and making extra efforts for your students and giving your best to see others advance in their career.



Dr. Prashant Makhija
Neurologist and Sleep disorder specialist
Wockhardt hospital
Mumbai

This course was a great learning experience. Presentations were very lucid. This course helped me immensely in understanding AASM scoring. I highly recommend this course for anyone stepping into the field of Sleep Medicine.



Dr. Madeleine Ramdhani Jasin
Pediatric Specialist
Indonesia

I joined this course because I wanted to develop my knowledge and skill in sleep study, particularly in children, as I'm a pediatric respirologist. Initially, I was hesitant due to my lack of experience in sleep medicine practice. However, Dr Tripat and his team has developed simple learning methods to follow, thus enabling me to understand and follow

Past students feedback on course!

the rest of the class. If I was unable to join the class due to hospital duty, a lecture video was provided to catch up with the lessons.

I loved reading the materials in the 3 books provided, as those are designed to be consistent, informative, and practical. Another advantage is the access to sleep study scoring platform for unlimited opportunity to score sleep and receive feedback.

This course has surely improved my skill and knowledge in sleep medicine, motivating me to learn further. I strongly recommend this course to sleep medicine practitioners, as this is a remarkable 6 month journey of learning!



Dr. Sangeeta Gupta
Assistant Professor
Dept of Physiology
Govt. Medical College Amritsar Punjab

I got this great opportunity to do this course under guidance of Dr Tripat . I was curious to join this course to learn EEG, EOG, EKG and sleep disorders. Within 1-2 month I started doing sleep staging which had been very difficult without his guidance . Live sessions are very helpful for solving difficulties. Hands on sleep scoring on real patient data is of great help to learn sleep staging. Study material that is 3 books are of great help along with recorded sessions. I strongly recommend that it is very helpful course and Dr Tripat has vast knowledge to get you through this journey.



Dr Anamika Singh
Additional Professor, MNAMS, RPSGT
Dept. of Physiology
UPUMS, Saifai, Etawah, UP

I am happy to share with you that I have qualified for the RPSGT Exam in my first attempt. I joined the 'Advanced PSG and Titration' Course 6 months ago. This course really helped me to clear my doubts, study material provided (3 books and various clinical guidelines) was sufficient to crack this exam. The unique quality of this course is that they provide an ISR platform to practice sleep scoring. I would strongly recommend joining this course.

Past students feedback on course!



Ms. Rajni Yogesh Mehrol
Sleep Technologist
RPSGT
Mumbai

I passed RPSGT exam in my first attempt. The course content was very much relevant for the RPSGT exam.

Almost during the entire course duration we scored two sleep studies on a weekly basis. After the course duration we were given 1 month time for scoring sleep studies.

During the course we were given more than sufficient chance to clarify our doubts during the session and after that also Dr. Tripat was always there for us.

We were provided with 3 books authored by Dr. Tripat as study material and I referred his "Sleep Technology Review" book as my main reading material.

My personal experience was excellent. The topics were explained by Dr. Tripat in a very simple way. Someone who don't have much knowledge of the subject can also understand them easily following his teachings.



Dr. Ravi Dosi
Pulmonologist, RPSGT
Indore MP, India

Dr. Tripat Sir's "Advanced PSG & Titration Course" is one of the best resources one can dream of for Sleep Medicine exposure and understanding. Sir is very passionate about his work and ensures every student achieves his targets.



Dr. Balwinder
ENT Surgeon, RPSGT
Kuala Lumpur, Malaysia

Past students feedback on course!

It gives me great pleasure to write about Dr. Tripat Deep Singh. Before I start, I would like to briefly give my own background as to how I built an interest in sleep and mainly sleep related breathing disorders.

I had been heading the ENT department at Putrajaya Hospital since 2000 and had gone to Australia to do a fellowship in Rhinology in 2005 and that's where I was exposed to Sleep surgery by the late Dr Sam Robinson. I came back to set up a sleep lab at my hospital in 2007 and slowly developed our department as a renowned centre for sleep related breathing disorders.

I came to know Dr. Tripat Deep Singh somewhere in the early 2010s and over the years have seen him grow in stature as Sleep specialist. He started off as medical advisor in Philips but over the years he has built an extremely strong reputation as a medical person very well versed in sleep not only in Singapore but in the ASEAN region. He had been conducting course for the past many years, but I never really paid much attention to obtaining his services as a speaker. The reason was that I had what I thought was a good speaker who is an American based Sleep technician to help me run my biannual sleep workshops.

Fortunately for me, this American based RPSGT sleep tech could not come for the workshop in 2018 and I decided to opt for Dr. Tripat Deep Singh. He conducted the course in a totally different manner and his teaching skills are so good that even my paramedical staff of the sleep lab could grasp the knowledge. At the end of the course, out of the 5 candidates from my sleep lab who attempted the RPSGT, 3 managed to pass the exam and one more almost passed it. This speaks volumes about his skills as a teacher and mentor because until then none of my staff even dared to attempt the RPSGT exam. Dr. Tripat Deep taught so well that 5 of my staff had the courage to sit for it and we had a 60% pass rate (almost 80% if counting the near pass).

Dr. Tripat has a very in-depth knowledge which he willingly shares with anyone who asks for help, and he is well known for his ability to trouble shoot difficult cases related to PAP therapy. I believe that anyone who is really interested in getting a solid foundation in sleep will benefit tremendously from Dr. Tripat's expertise. By attending his course, a person will jump start their journey in sleep and probably save many months if not years of progress in the field.

I personally believe that Dr. Tripat will one day be known as a luminary in the field of sleep in India – it is a question of when that will happen. I wish him all the best in his endeavours to create awareness of the importance of this field and bringing up the standards of sleep education in India.

Past students feedback on course!



Dr. Rajesh Kathrotia
Additional Professor
Department of Physiology
AIIMS Rajkot

When my Professor suggested that it is very good course to learn polysomnography, I was little skeptical about online course as I had notion that we need hands on to learn techniques like polysomnography and online may give only theory.

But as 3 other colleagues were enrolling for course I also enrolled. I admit that as course started and slowly progressed my interest exponentially increased thanks to Dr. Tripat's very nice simple way of teaching and explaining things. I gradually developed interest which further grew more and more as course progressed.

Course content was adequately curtailed as per duration of course to digest and learn each topic. Very well-planned course with selection of topics such a way that it was easy and also smooth.

I appreciate the books and other study material provided being very useful and easy to read and understand well in line with course content

I personally feel I learned a lot due to regular assignment which were given each week and that was easy to complete within 1-2 hours and helped in better learning

During each session at regular intervals questions and doubts were cleared which helped to clarify many things there itself. Also, appropriate reinforcement was given for some difficult topics.

I also had advantage of group learning in Department as 4 of us could sit together and discuss which I think was one factor apart from great teaching and mentorship of Dr. Tripat to motivate me and help me learn better.

For a novice like me It was extremely helpful course and now I am confident for sleep scoring and hope to learn more in future

We are in process of setting up a sleep lab at our institute. I intent to get expertise in technical and practical polysomnography at a sleep lab center before taking the certificate exam.

Past students feedback on course!



Mr. Lim Jian Lit
BSc Hons (Biomedical Science)
RPSGT, Kuala Lumpur
Malaysia

One of the challenges in my path of pursuing the accreditation of Registered Polysomnography Technologist (RPSGT) was the lack of learning materials and someone to coach me on the examination aspects, until I met Dr Tripat Deep Singh.

The Academy of Sleep Wake Science offers programme's which are tailored for the needs of those who have interest in sleep medicine, be it a novice in the field or an experienced sleep technologist.

I would recommend the RPSGT preparation course, because it offers everything you need to know as a sleep technologist, from the basic of electronic used in sleep technology to the scoring algorithm of sleep according to the AASM guidelines. You will have classes on the principle and physiology of sleep and respiration which helps with a better understanding of sleep medicine, as well as practical sessions of scoring actual PSG recordings that applies the knowledge that you have learned. With the coaching of a renowned international sleep specialist, you can engage in an active learning environment and pick up sleep technology within a few months.



Ms. Agnes Chow
RPSGT Singapore

One of the highlights of my career path in Sleep & Respiratory Homecare is having the opportunity to attend Dr. Tripat designed course on Preparation for RPSGT Exam. Dr. Tripat explains and recaps content in thorough detail after every lecture. And he goes extra mile to check on us to make sure we're on track too. A very encouraging lecturer makes the learning journey very enjoyable. Thank you Dr. Tripat.

Past students feedback on course!



Dr. Daniel Thomas Suryadisastra
MD, Neurologist, RPSGT, Indonesia

Dr. Tripat is a great teacher and I am very grateful to have met him and study in his course. His teaching course method helped me to understand and prepare for the RPSGT exam from beginning to expert level. He is very passionate and caring for his students. Always helpful and ready to give advice and information when we had trouble for the administration in RPSGT exam because of the covid19 pandemic. Thank you so much Dr. Tripat 🙏😊👍



Wong Yan Ling,
MSc (Microbiology),
RPSGT, Malaysia

I have attended several courses with Dr. Tripat. The course materials were good and with lots of relevant information. Dr. Tripat is a very knowledgeable and competent teacher. I have learned a lot from him.



Ms. Lim
Pediatric Sleep Technologist
Serdang Hospital Kuala Lumpur
RPSGT, Malaysia

Dr. Tripat is a great teacher for preparation for RPSGT exam. The syllabus in the Advanced PSG and titration course is very comprehensive covering all aspects of sleep technology

Past students feedback on course!

and medicine including Pediatric Sleep. He is proficient in both theory and hands-on, with his comprehensive guidance and teaching, sleep medicine seems much easier to understand. He is passionate, enthusiastic and very patient in guiding his students in mastering the field of sleep medicine. He is indeed an excellent tutor and I highly recommend his courses to those who intend to take the RPSGT exam.

Feedback on Course Books!

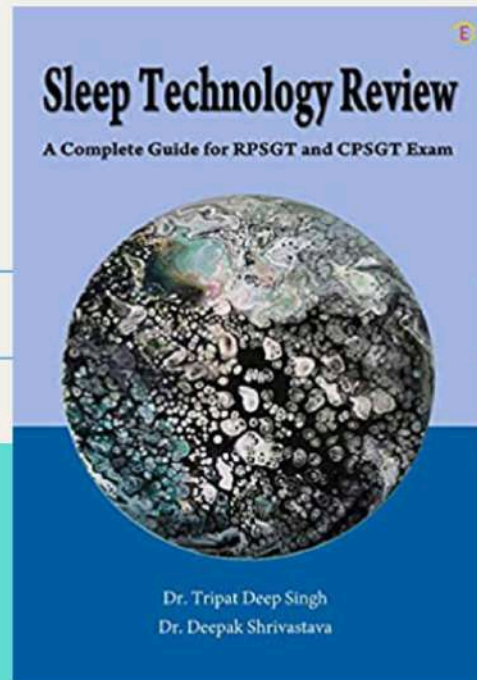
Feedback about our book on Amazon US

This is course book for our
"Advanced PSG and Titration
Course"

Next batch starts on 6 Sep 2023

More Info:
+91-9944816086

Visit Our Website:
www.aswseducation.com



 Adam Bendlin

★★★★★ **Great Book! Amazing Value!**

Reviewed in the United States on August 8, 2023

Verified Purchase

I've used Kettering and some of the other more expensive training materials out there. This book is on par with them all. I have been recommending this to everyone. Amazing Value for this price!

Helpful

Report

 Stephanie Brister

★★★★★ **Cuts out all the BS and just tells you what you need to know.**

Reviewed in the United States on April 20, 2023

Verified Purchase

I love this book! I have studied many different text books and this one is by far the most clear and concise I've read to date! Once I read this book I started aceing my pretests! I highly recommend and have promised to leave it in our sleep lab for my colleagues to use to pass their exams as well.

Helpful

Report

Academy of Sleep Wake Science

Feedback on Course Books!

Feedback
about our
book on
Amazon India

More Info:
+91-9944816086

Visit Our Website:
www.aswseducation.com



Nitesh Thakur

★★★★★ **Good Book For Sleep technology**

Reviewed in India 🇮🇳 on 17 June 2022

Verified Purchase

This book is not only for RPSGT Or CPSGT also for all who are interested in Sleep technology. Good Study Material well Explained. I am happy with this book. It is combined book for sleep technology included theory and question bank.



Datta N.

★★★★★ **Wonderful book to study PSG systematically**

Reviewed in India 🇮🇳 on 23 April 2023

A systematic approach about PSG . Very easy to understand the core concepts, explained beautifully.A must have book who wish to learn PSG



Dr Somnath Bhattacharya

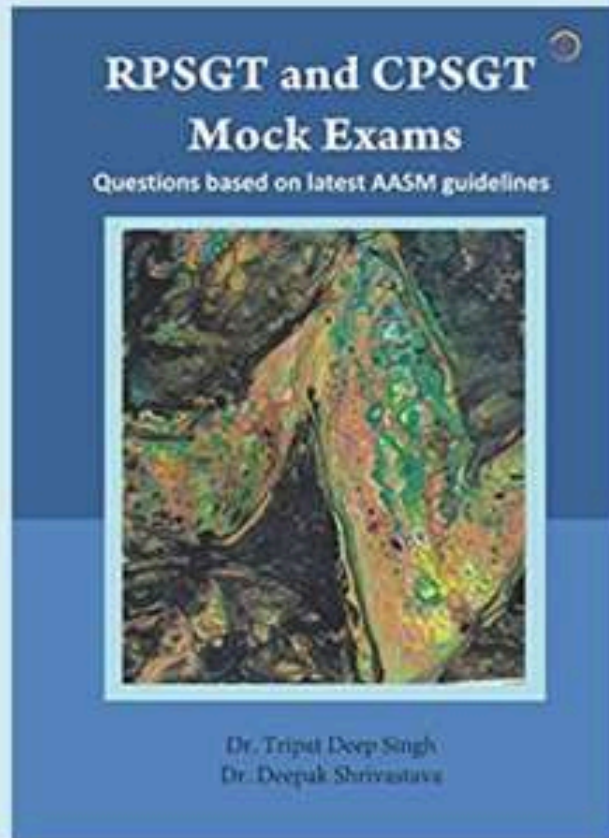
★★★★★ **Must read for Sleep Specialist**

Reviewed in India 🇮🇳 on 25 April 2023

Very well written and logically explained book. Useful for RPSGT exam and understanding sleep medicine subject also. Simplicity in demonstration and clarity is the key in the book. I enjoyed reading and learning.

Academy of Sleep Wake Science

Feedback on Course Books!



Feedback on Amazon



Megan

★★★★★ **It works!**

Reviewed in the United States 🇺🇸 on 6 September 2021

Verified Purchase

This along with the BRPT practice exams and I passed just fine! Make sure when you check your answers you read the explanations so you actually learn the questions in case you get the same question worded differently.

3 people found this helpful



Vanessa Gallardo

★★★★★ **Do not hesitate...Buy NOW!**

Reviewed in the United States 🇺🇸 on 21 September 2022

Verified Purchase

This book was a life saver. I read each question along with the detailed answer 3 times the week of the exam. I made sure to read the question (paying careful attention to the wording of the question) This book will literally prepare you and make you feel confident. I passed on my first try and you can too with this book. BUY BUY BUY

Academy of Sleep Wake Science

Feedback on Course Books!

Feedback
about our
book on
Amazon US



Basic Polysomnography

An Algorithmic Approach to Sleep Scoring

Dr. Tripat Deep Singh

More Info:
[+91-9944816086](tel:+91-9944816086)

Visit Our Website:
www.aswseducation.com



Michelle D Berrier

★★★★★ **Very helpful**

Reviewed in the United States on June 27, 2023

Verified Purchase

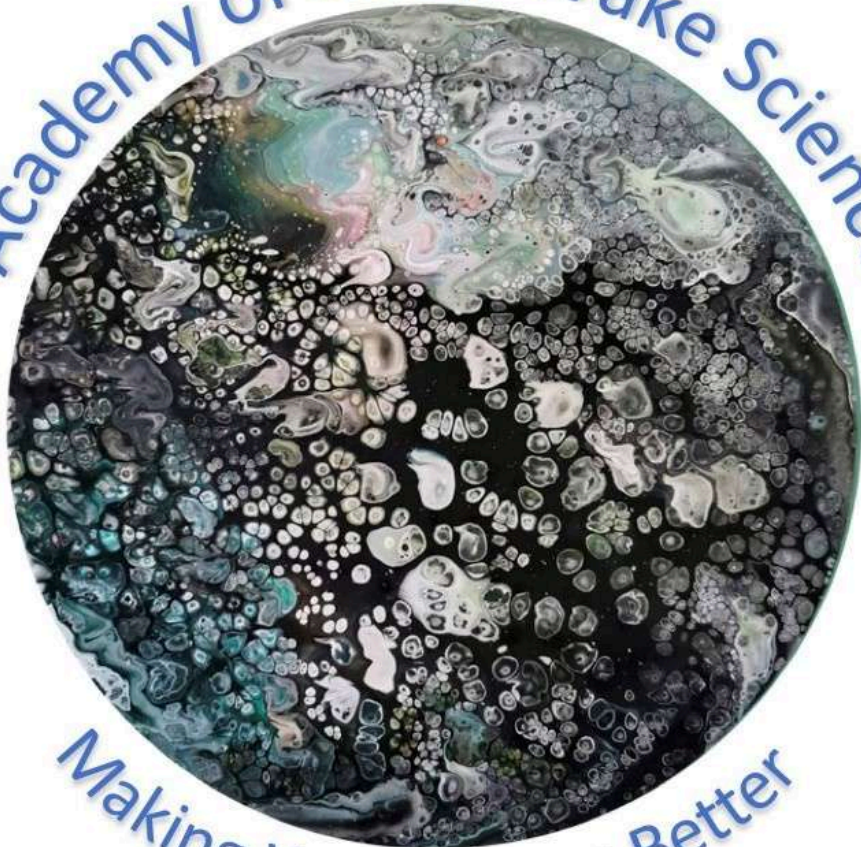
This book made staging sleep make more sense for our new tech

Helpful

Report

Academy of Sleep Wake Science

Academy of Sleep Wake Science



Making World Sleep Better