

ACADEMY OF SLEEP WAKE SCIENCE

Certification in Clinical Sleep Health (CCSH)

CCSH Exam preparatory course

Learn about all the relevant clinical knowledge to manage Sleep disorders

We are happy to announce that our CCSH exam preparatory course is now approved as CCSH self study program by BRPT (USA)

STAR CODE CSS005

Fullfill CCSH exam eligibility through pathway 3

Join Anytime to start your learning

or

Join live batch starting from 7 Jan 2025



Course Director and Instructor:

DR. TRIPAT DEEP SINGH

REGISTRATION:

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Who should Join?

01

Anyone who wants to start their own Sleep practice

02

Anyone who wish to promote Sleep health as primary prevention of disease

03

Anyone who wish to teach future medical professionals about managing Sleep disorders

04

Anyone who is appearing for World Sleep Society (WSS) Sleep Medicine Exam

05

Anyone who is appearing for Certification in Clinical Sleep Health (CCSH) exam

06

Anyone who wish to help people achieve their optimum potential on a daily basis

What will you learn in this course?

Course Highlights

You will learn about

01

Concept of Sleep Health

Learn how different body systems function during Sleep to provide us optimum health

02

Diagnosis and management of different Sleep disorders

03

Sleep in Medical disorders

04

Concept of quality of care in Sleep Medicine

05

Sleep in Women

Learn about Sleep during menstrual cycle, Pregnancy, post-partum period and in post-menopause period to promote optimum women health

06

CCSH Exam preparation

Stay focused on relevant content
Personal mentorship

Course Highlights

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

CCSH Exam based MCQ's

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

06

Course book

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

Course Agenda

Time	Topic	Objectives
Module 1	<p>Normal sleep architecture, quantity and quality over the lifespan Sleep architecture in Infants and Pediatric Population Sleep architecture in adults and old age Sleep in women</p>	<p>Sleep architecture in adult, geriatric, pediatric and infant population</p>
Module 2	<p>Factors contributing to variations in Normal Sleep Neurochemistry of Sleep & Wakefulness Effect of sedatives on sleep architecture Effect of stimulants on sleep architecture</p>	<p>Discuss effects of drugs on Sleep architecture</p>
Module 3	<p>Pathophysiology, epidemiology and clinical presentation of abnormal sleep Overview of International Classification of Sleep disorders 3rd edn Acute Sleep deprivation and its consequences Chronic sleep deprivation and its consequences Effect of cardiopulmonary disorders on sleep Effect of depression on sleep Other medical disorders affecting sleep</p>	<p>Sleep disorder terminology, incidence and prevalence of sleep disorders, differentiate chronic vs. temporary sleep disturbances, short and long-term effects of sleep disruption/ deprivation, and pathophysiological effects on sleep (cardiopulmonary disorders, depression, chronic pain, and other medical conditions)</p>
Module 4	<p>Sleep disorders clinical presentation criteria Obstructive Sleep Apnea in adults Obstructive Sleep Apnea in pediatrics Central Sleep Apnea Sleep related hypoventilation- Obesity Hypoventilation syndrome Insomnia Circadian Rhythm disorders <u>Hypersomnias of central origin</u> Parasomnias Restless leg syndrome and periodic limb movement disorder</p>	<p>Discuss sleep disordered breathing, insomnia, circadian rhythm disorders, <u>hypersomnias</u>, parasomnias, and movement disorders</p>
Module 5	<p>Sleep and Medical History Evaluating a Sleepy patient Evaluating Insomnia patient</p>	<p>Discuss impact of sleep on quality of life, recognizing health changes (physical</p>

Course Agenda

Module 6

Impact of Comorbid conditions

Sleep disordered breathing and obstructive lung disease
Sleep disordered breathing and heart failure
Sleep disordered breathing and Stroke
Sleep disordered breathing and cardiovascular disorders
OSA and metabolic disorders
Insomnia and cardiovascular disorders
Sleep in Psychiatric disorders
Sleep in Neurological disorders

Sleep in medical disorders

appearance, weight, medications, and recent hospitalization and surgeries), signs and symptoms of disease progression, exacerbation, and improvement

Discuss how sleep disorders affect co-morbid conditions and how co-morbid conditions affect sleep disorders

Module 7

Questionnaires and Survey

Questionnaires for assessing daytime Sleepiness
Questionnaires for screening obstructive sleep apnea
Questionnaires for screening Narcolepsy
Questionnaires for assessing sleep quality
Questionnaires for assessing quality of life in sleep disorders
Sleep diary- different types and use
Questionnaires for assessing severity of Restless leg syndrome

Questionnaire for assessing Sleep Hygiene
Questionnaire for assessing dysfunctional beliefs about sleep

Questionnaire for assessing severity of Insomnia

Discuss Epworth Sleepiness Scale, Berlin Questionnaire, Functional Outcomes of Sleep Questionnaire, sleep diaries, STOP BANG, and other measures

Module 8

Diagnostic testing and indications

Set up and indications of Full night diagnostic sleep study

Discuss criteria, eligibility, and reimbursement for in-lab PSG, HST, MSLT, MWT,

Course Agenda

Home sleep testing
Multiple sleep latency test (MSLT)
Maintenance of Wakefulness test (MWT)
Actigraphy

actigraphy, and other procedures

Module 9

Evaluation of treatment/therapy

OSA Treatment

Indications and set up of PAP therapy for OSA patient

Understand PAP compliance reports in OSA patients

Factors affecting adherence of PAP therapy in OSA patient

How to improve adherence to PAP therapy in OSA patient

Alternate therapies for treating OSA-

Oral appliances, positional therapy, upper airway stimulation and surgical options

How to choose right mask for delivering PAP therapy in OSA pt

Sleep related hypoventilation treatment

NIPPV for chronic stable alveolar hypoventilation patients

Understanding compliance reports from NIPPV devices

CSA Treatment

Treatment for different types of CSA

BiPAP ASV indications

Understanding compliance reports from BiPAP ASV

Insomnia Treatment

Cognitive behavioral treatment

Chronotherapy

Circadian rhythm disorders treatment

Light therapy

Melatonin therapy

Discuss adherence/compliance, barriers to success, side-effects of treatment/therapy, PAP modes of therapy, oral appliance therapy, positional therapy, surgical options for sleep disordered breathing, cognitive behavioral therapy, light therapy, chronotherapy, individualized patient care plans, chronic disease model, and clinical guidelines for patient care plans

Module 10

Patient and family education

Discuss path to improvement of patient care

Discuss how to improve spoken communication

Discuss how to improve written communication

Discuss patient self-management and empowerment plan

Discuss responding to questions, recognizing the importance of diversity, evaluating readiness to learn at an age-appropriate level, adapting interactions to patient and family learning styles, and encouraging and promoting

Course Agenda


	Discuss different supportive systems for patients	patient self- assessment and self-management
Module 11	Sleep Hygiene Sleep hygiene tips for better night sleep	Discuss lifestyle, environmental, and cultural impact on sleep
Module 12	Collaborative sleep programs How to do marketing of a sleep <u>centre</u> Developing collaborative sleep programs for better inpatient and <u>out patient</u> outcomes	Discuss developing and expanding inpatient/outpatient and occupational health/wellness sleep programs, and marketing sleep <u>center</u> services and educating <u>staff/clinicians/</u> healthcare providers/ administrators
Module 13	Performance improvement and quality Quality Measures Quality measures for care of adult OSA pts Quality measures for care of pediatric OSA pts Quality measures for care of Insomnia pts Quality measures for care of restless leg syndrome pts Quality measures for care of Narcolepsy pts	Discuss auditing charts and tracking outcomes
Module 14	Sleep disorders as a public health issue Economic impact of sleep disorders Sleep disorders and driving Public health policy and raising awareness	Discuss the impact of sleep disorders on society, the influence and impact of public health policy, and how to raise sleep disorder awareness in the community through outreach

Course Director and Instructor Profile

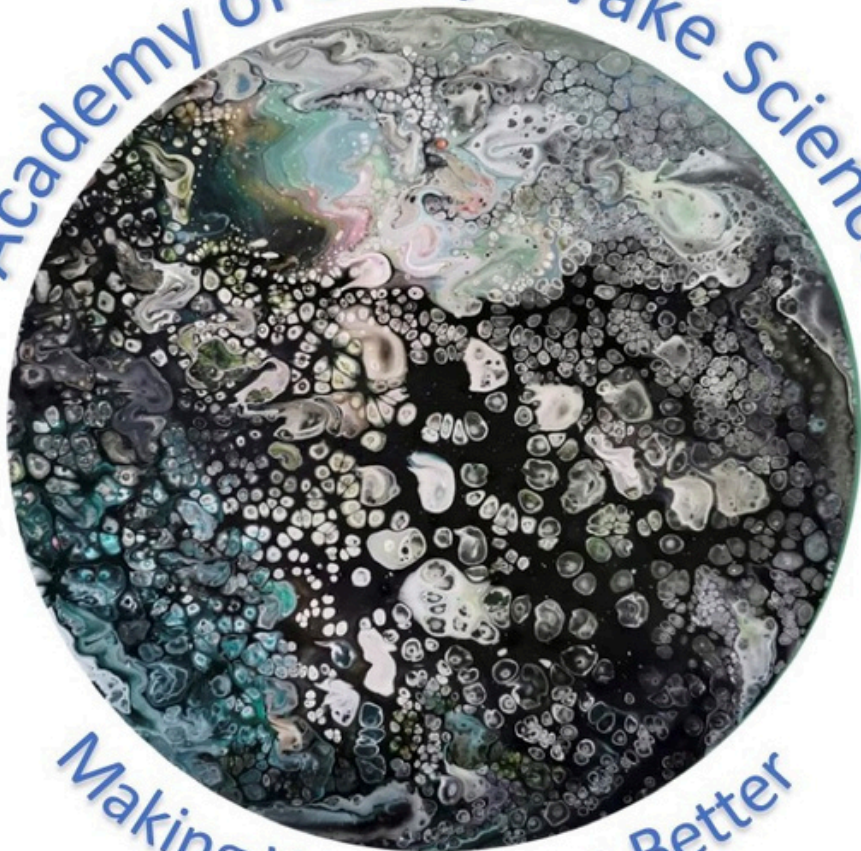
Course Director and Instructor profile:



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**
- **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
- **Adjunct Faculty** in Pediatric Sleep Medicine course organized by Pediatric Sleep Unit NUS Singapore
- **Author:** Published 6 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 3rd edn”
- **Editor:** ISSR newsletter “Sleepwatching India”
- **Course Director:** STAR Program “Advanced PSG and Titration Course”, STAR Code: SS010

Academy of Sleep Wake Science



Making World Sleep Better