

SLEEP MEDICINE REVIEW

COMPLETE COURSE PREPARING YOU FOR WORLD SLEEP SOCIETY (WSS) SLEEP MEDICINE EXAM, EUROPEAN SOMNOLOGIST EXAM

Guided Course Duration: 6months
Guided Course starts on 28 Jan 2025
Self study mode can be joined anytime

Study Materials :

- One Course book
- 8 Modules of video lessons
- Module wise MCQ's
- One mock exam with video explanations
- Weekly doubt clearing classes

GET STARTED

 www.aswseducation.com

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SLEEP MEDICINE REVIEW COURSE

You will learn about

01

Sleep in different populations

Discuss about Sleep from childhood to old age and sleep in women during menstruation, pregnancy, post partum and post menopausal

02

Sleep Physiology

Discuss about how different body systems change their functioning during Sleep compared to Wakefulness

03

Sleep studies and PSG instrumentation

Discuss about how to acquire good quality Sleep signal in the sleep lab

04

PSG signal analysis in adults and children

Discuss AASM rules for scoring sleep and associated events

05

International classification of Sleep disorders

Discuss about diagnostic criteria and management of all Sleep disorders

06

Impact of comorbid conditions on Sleep

Discuss about how comorbidities affect Sleep

Course Agenda

Module no	Module Theme	Week	Topic
Module 1	Sleep in different populations	Week 1	Sleep architecture in Infants and Pediatric Population Sleep architecture in adults and old age Sleep in women
Module 2	Sleep Physiology	Week 2	Neurophysiology of Sleep and Wakefulness Circadian Physiology
		Week 3	Sleep and cardiovascular system Sleep and renal system
		Week 4	Sleep and endocrine system Sleep and GIT
		Week 5	Sleep and Glymphatic system Sleep and memory
Module 3	Sleep studies and PSG instrumentation	Week 6	Types of sleep studies Types of signals recorded during the sleep study International 10-20 system of EEG electrode placement PSG machine and bio calibration Basics of differential amplifier Filter settings in PSG Gain and Sensitivity settings in PSG
		Week 7	Emergency procedures in the sleep lab Disinfection in the sleep lab Home Sleep Testing
Module 4	PSG Signal analysis in adults and children	Week 8	Rules for scoring sleep and associated events Sleep waveforms in EEG Sleep waveforms in EOG AASM rules for scoring Stage W AASM rules for scoring Stage N1

Course Agenda

AASM rules for scoring Stage N2
AASM rules for scoring Arousals in NREM Sleep
AASM rules for scoring Stage N3
AASM rules for scoring Stage R
AASM rules for scoring Arousals in REM Sleep
Infant Sleep scoring

Week 9 AASM rules for scoring epochs with Major Body Movement
AASM rules for scoring Respiratory events in Adults
AASM rules for scoring Respiratory events in children

AASM rules for scoring PLMS
AASM rules for scoring movement disorders

Normal ECG
AASM rules for scoring Cardiac events

Week 10 Interpretation of Diagnostic Sleep study report part 1: Sleep parameters

Interpretation of Diagnostic Sleep study report part 2: Respiratory and other parameters

Artifacts

Module 5	International Classification of Sleep Disorders	Week 11	Overview of International Classification of Sleep disorders 3 rd <u>edn</u>
	Insomnia		Insomnia Diagnosis and management Insomnia management- Behavioral treatment Insomnia management- CBT-I Insomnia management- Pharmacotherapy How to evaluate insomnia patient?

Course Agenda

Sleep Disordered Breathing Part 1- OSA	Week 12	OSA in adult patient- Screening and diagnosis OSA Pathophysiology Mild OSA- Should we treat it?
	Week 13	OSA and systemic hypertension OSA and Pulmonary Hypertension OSA and Coronary artery disease SDB and Stoke
	Week 14	OSA management- PAP therapy Basics OSA management- Manual titration of CPAP for OSA OSA management- APAP/BiPAP/O2 titration for OSA
	Week 15	OSA management- Choosing the right mask for PAP therapy OSA management- PAP compliance and how to improve it PAP acclimation and desensitization PAP-NAP Trial OSA management- Understanding PAP compliance reports OSA management- Alternate therapies
Sleep Disordered Breathing Part 2- CSA	Week 16	Types and diagnostic criteria for CSA SDB in heart failure patients and its management
Sleep Disordered Breathing Part 3- Sleep related Hypoventilation	Week 17	Obesity Hypoventilation Syndrome Overlap Syndrome Sleep related hypoventilation management using non-invasive positive pressure ventilation (NIPPV)
<u>Hypersomnias of central origin</u>	Week 18	Narcolepsy Idiopathic Hypersomnia MSLT/MWT

Course Agenda

	Circadian Rhythm disorders of sleep and wakefulness		Circadian Rhythm disorders of sleep and wakefulness
	Parasomnias	Week 19	NREM Parasomnias REM Parasomnias Other Parasomnias
	Movement Disorders		Restless leg Syndrome (RLS)
	Case study	Week 20	How to evaluate a sleepy patient? Case study: Patient with EDS
	Questionnaires in Sleep medicine		Sleep questionnaires
Module 6	Sleep Deprivation		Acute and chronic sleep deprivation effects Sleep Hygiene
Module 7	Impact of comorbid conditions on Sleep	Week 21	Sleep in Psychiatric disorders Sleep in Endocrinologic disorders Sleep in Neuromuscular disorders Sleep in Neurological disorders Sleep in metabolic disorders Sleep and Drugs
Module 8	Quality Control	Week 22	Sleep Medicine and quality of care Patient and family education
Module 9	Mock Exam	Week 23	Sleep Medicine Mock Exam

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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
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- **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"

Academy of Sleep Wake Science



Making World Sleep Better