

## **Sleep module**

### **Target audience-**

Doctors willing to practise sleep medicine and who do not have any prior exposure to the subject.

### **Aim –**

1. To have a basic idea of sleep disordered breathing
2. To be able to perform polysomnography (PSG)
3. To be able to interpret PSG
4. To develop ideas about treatment of SDB
5. A brief idea about other sleep disorder

The course will be spread over 2 days (total 16 hrs). There should be provision for live hook up, live performance of PSG & CPAP devices with interfaces.

### Day 1

### **Basic ideas-**

1. Overview of anatomy and physiology of sleep : 30 mints
2. Epidemiology of SDB : 20 mints
3. Pathophysiology of SDB : 30 mints

### **The beginning-**

4. History and physical exam in SDB : 20 mints
5. Sleep questionnaire :15 mints
6. 10-20 system of EEG : 30 mints
7. Patient hooking up : 60 mints  
( hooking up should be demonstrated on a subject)

### **PSG-**

8. Performing PSG with technical aspects like conductance and resistance :30 mints
9. Scoring PSG- with reference to new AASM manual : 60 mints
10. Interpretation of PSG :45 mints  
(there should be live PSG)

### **Titration-**

11. Brief ideas about PAP devices :30 mints
12. Titration with PAP : 60 mints

### **Treatment-**

- 13. Treatment of SDB : 45 mints
- 14. CPAP compliance- 15 mints

Day 2

### **Some other common sleep disorder-**

- 15. PLMS /RLS: 45 mints
- 16. Narcolepsy: 20 mints
- 17. MSLT/ MWT : 20 mints
- 18. Central sleep apnoea & Complex sleep apnoea : 45 mints

### **Overview of other specific sleep problems-**

- 19. Parasomnias : 30 mints
- 20. Sleep in specific population like- child and elderly people, pregnant woman : 20 mints
- 21. Insomnia : 45 mints

### **Sleep pharmacology and some newer advancements-**

- 22. Sleep medications : 30 mints
- 23. Newer gadgets in sleep medicine and home/ Portable PSG : 20 mints  
(This will include Actigraphy, PAT)

**Question and answer session- 60 mints (all question/doubts should be addressed &met)**

**Test for assessment- 30 mints ( 50 MCQ questions ) : Minimum pass mark should be 60%**

**Certificate presentation to successful candidates**