

Training in Applied Sleep Medicine

Interdisciplinary Sleep Center, Charité – Universitätsmedizin Berlin

In cooperation with Somnico GmbH

Minimum number of participants: 3

Duration: 3 days

Costs per participant: 500 Euro

Target group: The course is offered for physicians – the newcomers in sleep medicine, as well as for physicians already active in this field with a purpose of further training. The target audience of this course is also other non-physician medical and technical staff active in sleep medicine.

The course is held by sleep medicine experienced personnel and includes printed handout material.

Day 1

Morning session: Basics of Sleep-Wake-Regulation

Afternoon session: Sleep Disorders: The ICSD Classification

Evening session: Management of patients with sleep disorders – The Sleep Laboratory

Day 2

Morning session How to measure sleep

Afternoon session Diagnosis and treatment of specific sleep disorders

Evening session Practice in PSG

Day 3

Morning session Analysis of polysomnography: The AASM criteria

Afternoon session Practice in the sleep laboratory

Diagnostics procedures: 10-20 EEG, oesophageal pressure, capnography, pH-metry, portapres and more

Treatment procedures: PAP-treatment (from CPAP to IPPV), mask fitting, medication