

## Training in Applied Sleep Medicine

Interdisciplinary Sleep Center, Charité – Universitätsmedizin Berlin

In cooperation with Somnico GmbH

Minimum number of participants: 3

Duration: 6 days

Costs per participant: 900 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

Diagnostic procedures: 10-20 EEG, esophageal pressure, CO2 recording (capnography), esophageal ph-recording, non-invasive blood pressure recording (portapres)

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

#### Day 4

Morning session      Analysis of polysomnography – advanced methods

Afternoon session      Daytime tests: Application and analysis

Evening session      Practice in PSG application

#### Day 5

Morning session      Outpatient management

Afternoon session      Ambulatory monitoring: application, analysis, interpretation

#### Day 6

Morning session      Actigraphy: application, analysis, interpretation

Case reports