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| **NATIONAL SLEEP MEDICINE COURSE**  SEPTEMBER 21-23, 2018  INTERNATIONAL CENTRE GOA, PANAJI GOA, INDIA | | |
| **Day 2, September 22, 2018** | | |
| **Basic Sciences** | | |
| 0900-0915 | Introduction to Sleep Medicine | Deepak Shrivastava |
| 0915-0945 | Homeostatic regulation of sleep | V Mohan Kumar |
| 0945-1015- | Genetics of sleep and sleep disorders | Kamalesh K Gulia |
| 1015-1045 | REM sleep muscle atonia; physiology and pathophysiology | H N Mallick |
| 1045-1100 | **Coffee Break** |  |
| **Pathophysiology** | | |
| 1100-1130 | Pathophysiology of excessive day time sleepiness | Ravi Gupta |
| 1130-1200 | Advances in OSA pathogenesis | Tripat Deep Singh |
| 1200-1230 | Pathophysiology of NREM parasomnias | Sourav Das |
| 1230-1300 | Deficient sleep in children and adolescents | Anuj Chandra |
| 1300-1400 | **Lunch** |  |
| “**Sleep Well, Sleep on Time”** | | |
| 1400-1420 | Gaining weight? Are you sleeping well? | Saraswati Mupanna |
| 1420-1440 | Obstructive Sleep Apnea?: Check your blood pressure | Deepak Shrivastava |
| 1440-1500 | Sleeping Well? - Is your heart ticking well? | Anuj Chandra |
| 1500-1520 | Sleep and the kidney | V K Vijayan |
| 1530-1600 | **Coffee Break** |  |
| 1600-1630 | Sleep and dementia | Suresh Kumar |
| 1630-1700 | Sleep and Epilepsy | Manjari Tripathi |
| 1700-1730 | Deficient sleep and pregnancy outcome | Preeti Devnani |
| 1730-1800 | Sleeping not on time! Beware of effects on metabolism | Karuna Datta |