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| **NATIONAL SLEEP MEDICINE COURSE**SEPTEMBER 21-23, 2018INTERNATIONAL CENTRE GOA, PANAJI GOA, INDIA |
| **Day 3****September 23, 2018** |
| 0900-0930 | Waking up India to Sleep | Vikram Sarbhai |
| 0930-1000 | Case presentation | Insomnia | Manjari Tripathi |
| 1000-1030 | Case presentation | OSA | D J Roy |
| 1030-1100 | Case presentation | Narcolepsy | Preeti Devnani |
| 11.00-1115 | **Coffee Break** |
| 1115-1145 | Case presentation | RLS | Suresh Kumar |
| 1145-1215 | Case presentation | REM sleep behaviour disorder | Ravi Gupta |
| 1215-11245 | The impact of natural and artificial light on sleep | H N Mallick |
| 1245-1315 | Case presentation | Circadian rhythm disorder | Preeti Devnani |
| 1315-1400 | **Lunch Break** |
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| 1400-1500 | **Free Communication (oral presentation)** |
| 1500-1530 | Recent advances in sleep medicine | Deepak Shrivastava |
| 1530-1600 | **Coffee Break** |
| 1600-1700 | ISSR updates, participants feedback and concluding remarks |