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| **NATIONAL SLEEP TECHNOLOGY COURSE**  **September 21, 2018**  **International Centre Goa, Panaji, Goa, INDIA** | | | |
|  | | **Introduction to Sleep and Sleep Disorders** | | |
| 0900-0930 | | Overview of the course | H N Mallick | |
| 0930-1000 | | Sleep physiology | V Mohan Kumar | |
| 1000-1030 | | Common sleep disorders | Karuna Datta | |
| 1030-1100 | | Evaluation of a sleepy patient | Kripesh Ranjan Sarmah | |
| 1100-1130 | | **Tea** | | |
|  | | **Investigating Human Sleep Disorders** | | |
| 1130-1215 | | Assessment methods in sleep disorders: An Introduction to polysomnography, MSLT, MWT and actigraphy | Ravi Gupta | |
| 1215-1245 | | What goes on in a sleep centre? | Deepak Shrivastava | |
| 1245-1315 | | Preparing a patient for sleep study | Apar Jindal | |
| **1315-1400** | | **Lunch** | | |
| “Laboratory Procedures” | | | |
| 1400-1445 | Sleep apnea and importance of multiple levels of sleep assessment for the diagnosis of sleep disordered breathing | | Abdul Muniem |
| 1445-1530 | Therapeutic interventions for sleep apnea, positive airway pressure (PAP) appliances, and titration protocols | | Tripat Deep Singh |
| 1530-1600 | **Coffee Break** | | |
| “Skill Stations Workshop” | | | |
| 1600-1800 | Skill Stations Workshop by Nasreen Akhtar, Ravi Gupta, Abdul Muniem, Pankaj Arora, Sourav Das, Tripat Deep Singh, Apar Jindal , Julia Worrell and Karuna Datta | | |