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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 |