



# Intensive Sleep Technology Workshop

Hosted by Dr Baldev Singh Sleep Laboratory and Indian Society for Sleep Research

APRIL 14-19, 2019



## Venue

Dr Baldev Singh Sleep Laboratory, Convergence Block, Dept of Physiology, AIIMS, New Delhi

**Last date of application: February 28, 2019**

Download application form from: <http://www.issr.in/form.html>

*This is the First Intensive Sleep Technology Workshop in India spanning over a week offering comprehensive training opportunities for a career development in sleep medicine*

The workshop is designed to offer participants a comprehensive training on PSG technology for a career development in sleep medicine:

**It features:**

- Ample opportunities for hands on for artifact free sleep recording in two available sleep labs.
- Recording on subjects with sleep deprivation and with sleep disorders
- Recording and analysis of multiple sleep latency test
- Sessions on sleep stages and sleep architecture
- Dedicated sessions on PSG interpretation and sleep reporting.
- Library of 50 PSG records on sleep disorders to practice sleep scoring
- Demonstration of PAP devices and its uses
- Titration/split night study
- Dedicated questions hour sessions
- Pathways to certification in sleep medicine

## FACULTY

Dr V Mohan Kumar	Dr Deepak Shrivastava
Dr Manvir Bhatia	Dr Manjari Tripathi
Dr Ravi Gupta	Dr Tripat Deep Singh
Dr Karuna Datta	Dr H N Mallick
Dr Nasreen Akhtar	Er Pankaj Arora

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Intensive Sleep Technology Workshop April 14-19, 2019 Dr Baldev Singh Sleep Laboratory, AIIMS, New Delhi, 110029						
<b>Day 1</b>	<b>April 14, 2019, Sunday</b>					
<b>0900-0930</b>	<b>0930-1015</b>	<b>1015-1100</b>	<b>1130-1200</b>	<b>1200-1300</b>	<b>1400-1530</b>	<b>1600-1730</b>
Introduction to the workshop	Physiology of sleep	Classification of sleep disorders	Nuts and bolts of a sleep laboratory	Biopotentials ;Fundamentals and principle of recording	Polysomnography recording systems and procedures	Patient preparation for sleep study
<i>H N Mallick</i>	<i>Mohan Kumar</i>	<i>Karuna Datta</i>	<i>H N Mallick</i>	<i>Mohan Kumar</i>	<i>Ravi Gupta</i>	<i>Ravi Gupta</i>
<b>Day 2</b>	<b>April 15, 2019, Monday</b>					
Subjective assessment of sleep	Sleep stages and architecture	Insomnia; diagnostic approach and management	Interviewing a sleep patient	Parameters to be reported in PSG	PSG Collections	Artifact: sources, causes, recognition and remedies
<i>Nasreen Akhtar</i>	<i>Mohan Kumar</i>	<i>Ravi Gupta</i>		<i>Karuna Datta</i>	<i>Ravi Gupta</i>	<i>Pankaj Arora</i>
<b>Monday Night: Sleep recording in a sleep deprived subject (Pankaj Arora) Night 2</b>						
<b>Day 3</b>	<b>April 16, 2019, Tuesday</b>					
	Sleep related Cardiac Physiology including ECG	Narcolepsy and other hypersomnias; diagnostic approach and management	Cardiac arrhythmias	MSLT and MWT: Indications	PLMS: PSG analysis and interpretation:	PSG analysis and interpretation: Group activity
	<i>Karuna Datta</i>	<i>Manvir Bhatia</i>	<i>Karuna Datta</i>	<i>Manvir Bhatia</i>	<i>Manjari Tripathi</i>	
<b>Day 4</b>	<b>April 17, 2019, Wednesday</b>					
	Fundamental of sleep related respiratory physiology	Obstructive sleep apnea	Central sleep apnea	Sleep disordered breathing: Recognizing and scoring recorded events	PSG analysis and interpretation: Respiratory rules and apnea score	Report generation
	<i>Nasreen Akhtar</i>	<i>Deepak Shrivastava</i>	<i>Abdul Muniem</i>	<i>Deepak Shrivastava</i>	<i>Dr Deepak Shrivastava</i>	<i>Dr Deepak Shrivastava</i>
<b>Day 5</b>	<b>April 18, 2019, Thursday</b>					
Inauguration by Director, AIIMS	Positive airway pressure therapy	BiPAP devices	CPAP titration and application	AASM Practice parameters for sleep study	Mock test	
	<i>Tripat Deep Singh</i>	<i>Tripat Deep Singh</i>	<i>Tripat Deep Singh</i>	<i>Deepak Shrivastava</i>	<i>Karuna Datta</i>	
<b>Split night sleep study (Tripat and Pankaj) Night 5</b>						
<b>Day 6</b>	<b>April 19, 2019, Friday</b>					
Circadian Rhythm disorder	Actigraphy in sleep medicine	Pathways to certification	Sleep laboratory Accreditation	Pathways to certification	Pathways to certification	WSS Examination and concluding session
<i>Dr H N Mallick</i>	<i>Karuna Datta</i>	<i>Tripat Deep Singh</i>	<i>Dr H N Mallick</i>	<i>Dr Tripat Deep Singh</i>	<i>Dr Tripat Deep Singh</i>	<i>Dr H N Mallick</i>
Resource persons: Barun, Srijji, Binney, Harshith, Subhasree, Shaheen, Naba, Preeti Coffee Breaks: 1100-1130, 1530-1600 Lunch 1300-1400						