

The **Indian Society for Sleep Research (ISSR)** has developed accreditation standards to ensure quality and consistency in sleep medicine services across India. While the ISSR website or direct ISSR communications should always be checked for the most up-to-date and official criteria, the typical **requirements for sleep clinic training centres and accreditation** include the following key areas:

✓ 1. Infrastructure and Facility Requirements

- **Minimum room requirements:**
 - At least **one dedicated sleep recording room** (with a size of 140 square feet with a minimum of 24 inches of available clear space on 3 sides of the bed), with proper ventilation, noise reduction, and light control.
 - Rooms should have attached or nearby **toilets**.
 - Rooms should have a **comfortable bed** and a patient-friendly environment.
 - **Recording Room Setup:**
 - [Sound Attenuation](#), dimmable lights.
 - Proper grounding and electrical safety.
 - **Observation and Control Room:**
 - A separate area for the sleep technologist to monitor and score studies.
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✓ 2. Equipment Standards

- **Polysomnography (PSG) system** with Level 1 & Level 2, Level 3 & Level 4
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✓ 3. Personnel Qualifications

- **Medical Director:**
 - Physician with MBBS **and** training or certification in sleep medicine.
 - **Sleep Technologists:**
 - Trained in sleep study setup, monitoring, and scoring.
 - Preferably certified by ISSR or equivalent training program.
 - **Support Staff (desirables):**
 - Receptionist/secretary, cleaning staff, and sometimes a psychologist or counsellor.
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✓ 4. Clinical Protocols and Standards

- Use **AASM guidelines** for:

- Study indications, scoring, and reporting.
 - Diagnostic and therapeutic titration protocols.
 - Maintain a **record-keeping system**:
 - Patient history, consent forms, study reports, and follow-up documentation.
 - Infection control and patient safety policies.
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✓ 5. Data Management and Reporting

- Use of **validated scoring software**.
 - Maintain raw data and scored data for a specified period (usually ~2 years).
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✓ 6. Quality Assurance

- Maintain a **minimum volume of sleep studies** per year (usually ~100 studies/year recommended).
 - Conduct daytime sleep tests (MSLT)
 - Monitor **patient satisfaction and outcomes**.
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✓ 7. Ethical and Legal Compliance

- Patient consent process.
 - Adherence to patient confidentiality and data privacy norms.
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✓ Accreditation Process

- Submit a formal **application to ISSR**.
- Provide documentation:
 - Photos of rooms, equipment.
 - CVs of medical and technical staff.
 - Sample reports and protocols.
- Undergo a **site inspection and review** by ISSR-appointed assessors.
- Address any corrective actions before final approval.

Duration of the Training: 1 Week

Aim: Proficiency in Polysomnography Hook-up (Min 3 independent Hook-ups)

Fee: Private Sector (Rs. 10000-15000)

Government Sector (As per their rules)

Note:

This is open to all ISSR Members

Duration of the Accreditation- 5 Years

Also, if the medical director changes, the centre needs to provide information about the new director. (No Fee will be applicable).