



2011 FUNDAMENTALS OF SLEEP MEDICINE COURSE

DISCIPLINE OF SLEEP MEDICINE

Monday 28 November	Tuesday 29 November	Wednesday 30 November	Thursday 1 December	Friday 2 December
8.00 – 9.00am Welcome & Introduction to Normal Sleep	8.00 – 9.00am Physiological Measurement	8.00 – 9.00am Insomnia	8.00 – 9.00am Acute and Chronic Respiratory Failure	8.00 – 9.00am Paediatric Respiratory and Non-Respiratory Sleep Disorders
9.00 – 10.00am Public Health Aspects of Sleep Medicine	9.00 – 10.00am Sleep Staging and Filters	9.00 – 10.00am Drugs & Sleep	9.00 – 10.00am Non-Invasive Ventilation	9.00 – 10.00am Paediatric Case Studies
10.00 – 10.30am Morning Tea	10.00 – 10.30am Morning Tea	10.00 – 10.30am Morning Tea	10.00 – 10.30am Morning Tea	10.00 – 10.30am Morning Tea
10.30 – 11.30am Physiology of Respiration During Sleep	10.30 – 11.30am Respiratory Scoring	10.30 – 11.30am Interpreting ECG Abnormalities on PSG	10.30 – 11.30am Non-standard PSG	10.30 – 11.30am Portable Monitoring for Sleep-Disordered Breathing
11.30 – 12.30pm Pathophysiology of Obstructive Sleep Apnoea	11.30 – 12.30pm Scoring in Infants and Children	11.30 – 12.30pm CPAP Titration and Follow-up	11.30 – 12.30pm Hypersomnias	11.30 – 12.30pm MSLT/MWT Studies
12.30 - 1.30pm Lunch	12.30 - 1.30pm Lunch	12.30 - 1.30pm Lunch	12.30 - 1.30pm Lunch	12.30 - 1.30pm Lunch
1.30 – 2.15pm Respiratory Disease and Sleep-Disordered Breathing	1.30 – 3.00pm Sleep Staging Tutorial	1.30 – 2.15pm Non-CPAP Therapies for Obstructive Sleep Apnoea	1.30 – 2.15pm Central Sleep Apnoea	1.30 – 3.00pm Making Sense of Movements During Sleep 1.30 – 2.15pm Restless Legs Syndrome and Periodic Limb Movements of Sleep REM Sleep Behaviour Disorder 2.15 – 3.00pm Parasomnias and Seizures
2.15 – 3.00pm Cardiovascular Consequences of Obstructive Sleep Apnoea		2.15 – 3.00pm Arterial Blood Gas/Lung Function Interpretation	2.15 – 3.00pm Occupational Health and Medico-Legal Issues in Sleep Medicine	
3.00 – 3.30pm Afternoon Tea	3.00 – 3.30pm Afternoon Tea	3.00 – 3.30pm Afternoon Tea	3.00 – 3.30pm Afternoon Tea	3.00 – 3.30pm Afternoon Tea
3.30 – 4.30pm Sleep and the Endocrine System	3.30 – 5.00pm	3.30 – 5.00pm	3.30 – 5.00pm	3.30 – 4.30pm Adult Case Studies
4.30pm FINISH Welcome Function	Respiratory & Sleep Staging Tutorial	CPAP Tutorial	Non-Invasive Ventilation Tutorial	4.30pm FINISH End of Course Drinks & Nibbles
	5.00pm FINISH	5.00pm FINISH	5.00pm FINISH	