The International Sleep Medicine Course will provide comprehensive training in all aspects of Sleep Medicine, incorporating up-to-date presentations on neurological, psychiatric and respiratory sleep disorders. The curriculum is based on the ESRS accreditation examination, with the next exam being held on 11th - 13th April 2019 in Marseille.

The International Sleep Medicine Course is now an ESRS Endorsed!

ESRS Sleep Medicine Textbook Included
Practice Exam included
Registration Open Now

This ISMC2019 is jointly organised with British Sleep Society, Belgian Association of Sleep Research and Sleep Medicine (BASS) and the Dutch Society for Sleep-Wake Research (NSWO).
Programme Topics

Day 1
- Neurological Basis of Sleep
- Effects of Sleep Deprivation
- Homeostatic and Circadian Regulation of Human Sleep
- Age & Gender Differences in Sleep
- Classification of Sleep Disorders
- Circadian Rhythm Sleep Disorders
- Subjective and Objective Measures of Sleep and Sleepiness
- Sleep-Related and Breathing Disorders in Children
- Non-Respiratory Sleep Disorders in Children

Day 2
- Taking a Sleep History
- The Physiological Basis of Ventilation During Sleep
- Obstructive Sleep Apnoea
- Central Sleep Apnoea
- Treatment of SRBD - CPAP and non-CPAP
- Cardiovascular Aspects of SRBD
- Endocrine aspects of SRBD
- Workshop: Polysomnography & Sleep Staging
- Workshop: Cardiorespiratory Polygraphy & Scoring
- Workshop: Respiratory Events
- Workshop: Actigraphy
- Workshop: MSLT/MWT

Day 3
- Narcolepsy
- Other Hypersomnias of Central Origin
- Treatment of Narcolepsy and Hypersomnias of Central Origin
- Overview of Parasomnias - REM
- Overview of Parasomnias - non-REM
- Epilepsy and Sleep
- Movement Disorders During Sleep
- Sleep and Psychiatric Disorders
- Workshop: CPAP/NIV
- Workshop: Mandibular advancement and non-CPAP therapies
- Workshop: Behavioural sleep interventions
- Workshop: Treatment of circadian rhythm disorders

Day 4
- Assessment and Treatment of Insomnia
- Sleep and Driving
- Medico-legal Aspects of Sleep
- Preparing for the ESRS Somnologist / Somnologist-Technologist Exam