



ISMC 2019

Cardiff | 4th -7th February

International Sleep Medicine Course

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.

**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).



British Sleep Society

UK Multidisciplinary Sleep Professionals





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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 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 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 4

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