



ISMC 2023

Cardiff | 6th - 9th March
International Sleep Medicine Course

Monday 6 th March 2023			
09:00-09:45	REGISTRATION		
09:45-10:00	Welcome & Course Overview		
10:00-10:30	Neurological control of Sleep Speaker: Simon Durrant		
10:30-11:00	Circadian Biology Speaker: Vikki Revell		
11:00-11:30	Refreshment Break		
11:30-12:00	Assessment of Sleep Disorders and Diagnostic Procedures Speaker: Dirk Pevernagie		
12:00-12:30	Sleep-related breathing disorders Speaker: Dries Testelmans		
12:30-13:00	Sleep and Pulmonology Speaker: Johan Verbraecken		
13:00-13:30	Sleep and Internal Medicine Speaker: Shruthi Konda		
13:30-14:30	Lunch		
14:30-16:45 Attend all 3 workshops (40 min per session + 5min turnaround)	Subjective Measures of Sleep and Sleepiness Speaker: Chris Turnbull	Objective Measures of Sleep and Sleepiness Speaker: Joseph Perks	Home Diagnostics / Actigraphy Speaker: Samantha Briscoe
16:45 – 17:00	Q&A session		
17:00	WELCOME RECEPTION		

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Tuesday 7 th March 2023			
09:00-09:30	Taking a sleep history Speaker: Rexford Muza		
09:30-10:00	Insomnia Speaker: Megan Crawford		
10:00-10:30	Assessment and treatment of insomnia Speaker: Megan Crawford		
10:30-11:00	Sleep and Psychiatry Speaker: Hugh Selsick		
11:00-11:30	Refreshment Break		
11:30-12:00	Physiology of Ventilation in Sleep Speaker: Michelle Ramsay		
12:00-12:30	CPAP therapy Speaker: Tim Quinell		
12:30-13:00	non-CPAP therapy Speaker: Joerg Steier		
13:00-13:30	Dental Sleep Medicine Speaker: Aditi Desai		
13:30-14:30	Lunch		
14:30-16:45 Attend all 3 workshops (40 min per session + 5min turnaround)	Continuous Positive Airway Pressure (CPAP) and Non-invasive Ventilation Speaker: Adrian Kendrick	Non-CPAP Speaker: Gillian Twigg	Mandibular Advancement Devices (MAD) Speaker: Aditi Desai
16:45	Q&A		
17:00	CLOSE		
19:30	Gala Dinner		

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Wednesday 8 th March 2023			
09:00-09:30	Sleep and Neurology Speaker: Ivana Rosenzweig		
09:30-10:30	Hypersomnia of central origin		
10:30-11:00	Treatment of Narcolepsy Speaker: Elaine Lyons		
11:00-11:30	Refreshment Break		
11:30-12:00	Effects of Sleep Deprivation Speaker: Michelle Miller		
12:00-12:30	Parasomnias Speaker: Panagis Drakatos		
12:30-13:00	Sleep-related movement disorders Speaker: Laura Carbonnell		
13:00-13:30	Sleep and Epilepsy Speaker: Ivana Rosenzweig		
13:30-14:30	Lunch		
14:30-16:45	Respiratory Polygraphy	Polysomnography Speaker: Joseph Perks	MSLT/MWT Speaker: Iain Duncan
Attend all 3 workshops (40 min per session + 5min turnaround)			
16:45	Q&A session		
17:00	CLOSE		

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Thursday 9 th March 2023	
09:00-09:30	Circadian Rhythm Sleep Disorders Speaker: Malcolm Von Schantz
09:30-10:30	Paediatric Sleep Disorders Speaker: Anna Weighall
10:30-11:00	Sleep and Geriatrics Speaker: Lizzie Hill
11:00-11:30	Refreshment Break
11:30-12:00	Societal, economic, organisational and research aspects Speaker: Alanna Hare
12:00-12:30	Age and Gender Differences in Sleep Speaker: Zoe Schaedel
12:30-13:00	Preparing for the ESRS Somnologist / Somnologist-Technologist Exam Speaker: Shruthi Konda, Megan Crawford & Lizzie Hill
13:00-13:30	Q&A
13:30-14:30	Lunch
14:30-16:30	Mock Exam
16:30	Take home message
17:00	CLOSE

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