



# Specialist Module 2 – Core Sleep Disorders

## Programme

Date 15<sup>th</sup> May 2023 - 9am - 2pm

Location: Online

Audience | Paediatricians, Registrars, Occupational Therapists, Specialist Nurses, Health Visitors, Public Health Nurse, Portage Workers and Community Nursery Nurses

09.00	Welcome and introductions	Faculty
09.30	Circadian Rhythm Disorders	Dr Vanessa Hewertson
10.30	<b>Break</b>	
10.30	Hypersomnolence	Joanne McCubbin
11.30	Parasomnias	Dr Cathy Hill
12.30	<b>Break</b>	
13.00	Sleep Related Movement Disorders	Dr Cathy Hill and Ani Marshall
14.00	<b>End</b>	

### Learning objectives

- To be able to name four different types of circadian rhythm disorder
- To identify delayed sleep-wake phase syndrome in practice and have an understanding of appropriate management
- To recognise when to refer for specialist advice
  
- To be able to take a symptom history from a child presenting with symptoms of excessive daytime sleepiness in order to:
  - a) exclude common causes of excessive daytime sleepiness
  - b) recognise key features of rare causes of excessive daytime sleepiness (e.g. narcolepsy and Kleine Levin syndrome) in order to signpost families to appropriate specialist care
  
- To recognise the common NREM parasomnias
- To be able to give first line advice in the management of NREM parasomnias
- To be aware of REM parasomnias
- To know when to refer for specialist advice
  
- To be able to identify rhythmic movement disorder (RMD) in practice and identify the possibility of restless legs syndrome (RLS)/periodic limb movement disorder from clinical presentation
- To be able to give first line advice to manage RMD and RLS
- To be aware of when to refer for specialist advice for the further investigation and management of RMD and PLMD





# Specialist Module 2 – Core Sleep Disorders – Day 2

## Programme

Date 16<sup>th</sup> May 2023 - 9am - 2pm

Location: Online

Audience | Paediatricians, Registrars, Occupational Therapists, Specialist Nurses, Health Visitors, Public Health Nurse, Portage Workers and Community Nursery Nurses

08.30	Welcome and any questions	
09.00	Chronic insomnia (behavioural type)	Amy Ainsworth
10.00	Use of medication for insomnia	Dr Cathy Hill
11.00	<b>Break</b>	
11.15	Sleep Related Breathing Disorders	Dr Hazel Evans
12.15	<b>Break</b>	
12.45	Assessment and measurement of sleep	Dr Cathy Hill
13.30	Questions: optional quiz	
1400	<b>End</b>	

## Learning Objectives

- To recognise in practice the three different types of behavioural insomnia
- To identify different evidence-based approaches to manage behavioural insomnia
- To understand the chemical control of sleep in the brain
- To understand the evidence base for the effectiveness of conventional and traditional hypnotics in the management of childhood insomnia and when to recommend them
- To understand the mechanisms of action of melatonin and its usage as a hypnotic and chronobiotic respectively in the management of childhood insomnia and delayed sleep phase syndrome.
- To understand conditions highly associated with sleep disordered breathing
- To recognise features on history and examination associated with sleep disordered breathing
- To understand clinical effects of untreated sleep disordered breathing
- To understand the principles of management of sleep disordered breathing and to know when to refer for specialist investigation
- To be aware of available questionnaire screening tools used to diagnose and monitor children's sleep disorders and their psychometric properties
- To understand the function of sleep diaries and examine different models of diaries
- To review the findings of actigraphic monitoring through case study examples in order to understand the utility of these devices in practice
- To understand the place of polysomnography and videosomnography in the diagnosis of sleep disorders

