

## 3<sup>rd</sup> National Training Course on Sleep

Medicine November 3 -4, 2022

### Course Description

The course will consist of three parts:

1. basics of sleep physiology and the diagnostic work-up of sleep disorders in general with emphasis on polysomnography
2. practically oriented lectures provided by neurologists with specialization in sleep medicine on the most important groups of sleep disorders following the ICSD-3 classification:
  - central hypersomnias including narcolepsy,
  - sleep-related movement disorders such as restless legs syndrome and periodic limb movement disorders
  - insomnia in neurological patients
  - NREM and REM parasomnias such as disorders of arousals and REM sleep behavior disorder
  - sleep-related epilepsy syndromes of adulthood such as sleep-related hypermotor epilepsy.
3. hands-on training in small groups on case interpretations of polysomnography

Following this course, the participants should be able to

- diagnose the most relevant neurological sleep disorders,
- correctly navigate the diagnostic work-up,
- have basic knowledge on the interpretation of polysomnography, and
- correctly manage the most common sleep disorders.