



# The University of Sydney

Sleep Medicine Training Unit  
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## **SLEEP MEDICINE AND TECHNOLOGY COURSE OUTLINE**

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The course comprises a well-blended mix of hands-on learning and theoretical aspects of sleep medicine. A substantial component of the course includes invited lectures from international experts in their field of sleep science. The following areas are covered:

### **Normal Sleep**

- Fundamentals of normal sleep
- Normal respiratory control during sleep
- The neurology of normal sleep
- Normal cardiovascular function in sleep
- Chronobiology and normal development of sleep/wake rhythms

### **Paediatric sleep**

- Normal development of sleep from birth to adulthood
- Paediatric sleep breathing disorders

### **Abnormal Sleep**

- Insomnia and disorders of chronobiology
- Pathophysiology of sleep breathing disorders
- Parasomnias including movement disorders in sleep
- Epilepsy
- Narcolepsy and other disorders of excessive daytime sleepiness
- MSLT and MWT
- Sleep in some common medical conditions

### **Treatment of Sleep Breathing Disorders**

- Nasal continuous positive airway pressure
- Non-invasive ventilatory support
- Surgery
- Dental appliances

### **Technology**

- Polysomnographic systems; laboratory, ambulatory & remote recording
- Polysomnographic recording of electrophysiological signals
- Filters and amplifiers

### **Scoring**

- Sleep staging and arousals
- Respiratory scoring
- Periodic limb movements
- Narcolepsy