

AHED - Advanced Health Education  
Rua Manuel Joaquim Avelar, 118 - Piso 2  
2750 - 421 Cascais  
phone +351 911 191 954  
info@ahed.pt >> [ahed.pt](http://ahed.pt)



MULTIPROFESSIONAL CARE  
INTEGRATION CHALLENGES

# SLEEP / SLEEP MEDICINE: ADVANCED COURSE ON DIAGNOSIS OF SLEEP DISORDERS

22-I17

2<sup>nd</sup> Edition



Advanced  
Health  
Education

by NOVA Medical School



# SLEEP / SLEEP MEDICINE: ADVANCED COURSE ON DIAGNOSIS OF SLEEP DISORDERS

22-I17

**COURSE COORDINATORS** >> Susana Teixeira de Sousa, MD, StuPhD

## COURSE PRESENTATION

Sleep medicine is always evolving and have been impacted by changes in approach, diagnosis methods and technology.

This course is designed to offer a comprehensive state-of-the-art approach to the diagnosis of sleep disorders. It aims to increase knowledge and skills in this specific, challenging and dynamic field of medicine.

A multidisciplinary faculty will provide didactic material, interactive case-based scenarios and hands-on workshops. Integrated learning units will focus on understanding and evaluation of polysomnographic recordings, and the course will take a hands-on approach to using polysomnography.

Participants will be able to review concepts, acquire up-to-date scientific information and practical tips, to efficiently and accurately diagnose sleep disorders.

## LEARNING OBJECTIVES >> KNOWLEDGE AND SKILLS TO DEVELOP

- 1 Know the basics of sleep physiology
- 2 Evaluate a sleep patient
- 3 Identify the main complementary exams in sleep medicine
- 4 Acknowledge the specific requirements for implementation of sleep lab
- 5 Be able to prepare a patient to perform a sleep study
- 6 Gain hands-on experience with polysomnography scoring
- 7 Cover the basic practical skills required including wiring up, troubleshooting and report interpretation - develop and improve these core practical skills
- 8 Contact with new research and emerging technology in sleep medicine

## TARGET AUDIENCE

Physicians, Medical trainees with special interest in sleep medicine and Sleep technologists.

All professionals who wish to gain knowledge about sleep diagnosis and improve their skills in setting up, scoring and interpreting full polysomnographic (PSG) sleep studies and other complementary exams.

## ADMISSION CRITERIA

Curriculum vitae and a letter of motivation for the theme of the course.

## ATTENDANCE REQUIREMENTS

100% attendance is mandatory for issuing attendance certificate and CME credits and/or ECTS

## MAX. ATTENDEES

> 40

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AGENDA

**2022/MAY**

**MAY 13<sup>th</sup>**

9:30 am - 6:30 pm

@ CUF DESCOBERTAS

- > Sleep Evaluation - First things first
- > Taking a sleep history  
Subjective and objective measures  
of sleep and sleepiness
- > Sleep center: towards quality and  
safety
  - Organization of a sleep  
center
  - Medical ethics and law
  - Security and infection  
control
- > Basics of EEG for sleep medicine  
Introduction to sleep scoring
- > Measuring sleep rhythm
- > The AASM Manual for the scoring of  
sleep and associated events
- > Understanding sleep in sports  
medicine: measuring sleep for high  
performance
- > Blood biomarkers in sleep  
disorders - the future is now
- > Diagnostic work-up of sleep  
movement disorders
- > Diagnostic work-up insomnia
- > Future of sleep diagnosis

**MAY 14<sup>th</sup>**

9:30 am - 6:30 pm

@ CUF DESCOBERTAS

- > Clinical interactive cases  
Sleep breathing disorders
- > Clinical interactive cases  
Other sleep disorders
- > Measuring sleep: PSG, MSLT  
and MWT (30)
- > Hands-on - PSG  
Sleep disorder Breathing
- > Parasomnias
- > Sleep related movement  
disorders
- > Other sleep disorders
- > Actigraphy interpretation
- > MSLT and MWT

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## FACULTY

- > Ana Rita Álvaro, PhD
- > Ana Rita Peralta, MD
- > Carlos Teixeira, D.Sc
- > Catia Reis, PhD
- > Dulce Neutel, MD
- > Joana Pires, D.Sc
- > João Brito, PhD
- > Lúgia Ferreira, D. Sc
- > Mafalda Lucas Silva, M.Sc
- > Marta Drummond, MD, PhD
- > Marta Gonçalves, MD, PhD Student
- > Sofia Rebocho, D.Sc
- > Susana Sousa, MD, PhD student
- > Teophilo Lee-Chiong, MD PhD
- > Vânia Caldeira, MD

**CREDITS >> 1.5 ECTS**

**DURATION >> 16 HOURS**

**PRICE >> 700 €**

## INCLUSIONS AND EXCLUSIONS IN PRICE

The price published for each course includes teaching fees, space rental, certificate of attendance, and materials used during the course. The price of the course doesn't include hotel accommodation, lunches, and dinners on course days, nor any other items unless specifically mentioned. Prices of courses published by AHED are exempted of VAT. Other items priced by AHED apart from courses may however include VAT.

## APPLICATION, ADMISSION AND REGISTRATION

When applying for a course at AHED – Advanced Health Education, the applicant subjects personal and professional data that will be verified and assessed to check that admission criteria for that specific program are met. Once an application is approved, registration in the course is admitted and will require payment of the price published for the course.

## APPLICATION FEES

Application fees are as follows:

- 100 € for courses priced above 1000 €
  - 50 € for courses priced below equal to 1000 €
- Application fees are non-refundable.

## COURSE REGISTRATION FEES

The registration stage is considered completed when the total price of the course is received by AHED.

## PAYMENT OPTIONS

Payment options for application and registration include credit card (Visa, MasterCard), wire transfer in Euro, and Multibanco.



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## EARLY BIRD

Application fees will be discounted from the course price for registrations completed 90 calendar days before the date of the course

For additional information, please go to Terms and Conditions at [ahed.pt](http://ahed.pt)

APPLICATION DEADLINE >> **MAY 6<sup>th</sup> 2022**

## INSTITUTIONAL PARTNERSHIPS



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