

Sleep Medicine Course

The 2½-year Sleep Medicine Course is organized jointly by the Universities of Helsinki (Sleepwell research program at Helsinki University Medical Faculty) and Turku (Sleep and Breathing Centre at the Turku University Hospital), in collaboration with all Nordic Sleep Research Societies. CME credits will be applied from the University of Turku but are valid in other Finnish Universities, and according to local regulations also in other countries. The course will provide overview and practical tools for physicians, nurses, psychologists working in fields where patients have sleep problems, as well as students and researchers of sleep medicine and sleep research. The course combines high quality expertises in sleep research and clinical sleep medicine. The curriculum has been created and evaluated in reference with the recommendations of the EACCME.

Aims of the course: The course will provide the participants overview on sleep medicine and practical tools for professionals and students in the field. The course can be used as a preparatory course for the ESRS Sleep Medicine examination. However, it is not obligatory.

Target audience: Medical doctors, nurses, psychologists and other health care professionals working in fields where patients have sleep problems, as well as students and researchers of these fields.

Methods: The course is an e-learning course, and free of charge. The lectures will be offered through Zoom (please, see below) once a month on Wednesday at 16.00-18.00 (EET) from January to May and from September to December. Time allocated for each presentation is 60 min. Registration for the course is not needed. Please note the times:

EET 16-18 (Finland)

CET 15-17 (Denmark, Sweden, Norway)

GMT 13-15 (Iceland)

ZOOM LINK

Meeting ID: 694 8325 7796

Passcode: 416707

Further information: No exams. **Upon request, you will receive a certificate of attendance in the end of the semester if you have attended the lectures (tiina.harkonen@helsinki.fi). Please rename yourself in Zoom with first name + last name (do not use nickname/user ID/student number/just first name).** Curriculum as well as possible changes in the curriculum will be informed at <https://www2.helsinki.fi/en/researchgroups/sleepwell/sleep-school> and at <https://www.tyks.fi/tietoa-tyksista/tyksin-organisaatio/huippuosaamisyksikot/tyks-uni-ja-hengityskeskus/tietoaammattilaisille-uni-ja-hengityskeskuksesta>

Curriculum Spring Term 2024

Methodology in sleep medicine

Jan 10

Assoc. Prof. Morten Engstrøm: Measuring sleep in humans: PSG, actigraphy, and beyond, Part I

PhD Hanne Siri A Heglum: Measuring sleep in humans: PSG, actigraphy, and beyond, Part I

Feb 7

Prof. Poul Jennum: Polygraphic sleep evaluation in the pathological sleep: neurodegenerative disorders, states of consciousness and epilepsies

PhD Andreas Brink-Kjær: Advanced analysis of sleep signals. Quantitative techniques and machine learning methods

Sleep-disordered breathing**March 20**

Assoc. Prof. Harald Hrubos-Strøm: Epidemiology, pathophysiology and definitions of obstructive and central sleep apnoea

MD Marja Palomäki: Comorbidity of obstructive sleep apnoea

April 17

Prof. Ludger Grote: Case based teaching of sleep recordings in SDB

Assoc. Prof. Jenny Theorell-Haglöw: Management of obstructive and central sleep apnoea syndrome

May 15

MD, PhD Andreas Palm: Treatment of nocturnal respiratory failure in different diseases

DDS, PhD Marie Marklund: Sleep and the role of dentistry