

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/tietoa-ammattilaisille-uni-ja-hengityskeskuksesta>

Curriculum Autumn Term 2024

Insomnia and circadian disorders

Sept 4, 2024

19. PhD in clinical medicine, Håvard Kallestad

Background, assessment and diagnosis of insomnia.

20. Assoc. Prof, PhD in medical sciences, Susanna Jernelöv

Behavioral treatments of insomnia and their application.

Oct 2, 2024

21. Prof. Jan Hedner

Pharmacological treatment of insomnia

22. D.Med.Sc. Juha Markkula

Comorbidities of insomnia and their treatment

Central disorders of hypersomnia

Nov 6, 2024

23. Prof. Poul Jennum

Delineation, definitions, and diagnostics of central hypersomnia

24. Assoc. Prof. Birgitte Kornum

Narcolepsy pathogenesis - current hypothesis and controversies

Dec 4, 2024

25. MD, PhD Evelina Pajėdienė

Differential diagnosis of hypersomnias

26. MD, PhD Stine Knudsen-Heier

Pediatric and adult narcolepsy and other central hypersomnias: clinical view and treatment.