

**EDINBURGH SLEEP MEDICINE COURSE 2012**  
**Monday 26<sup>th</sup> – Friday 30<sup>th</sup> March 2012**

**Monday 26<sup>th</sup> March**

- 08:30 Registration desk opens
- 09:15 Welcome and course information
- 09:30 Overview of Normal sleep – **Professor Jim Horne**
- 10:30 Morning tea
- 11:00 Overview of Sleep Disorders - **Dr Renata Riha**
- 12:00 Lunch
- 13:00 Overview of Paediatric Sleep Problems – **Dr Don Urquhart**
- 14:00 Overview of Sleep Disordered Breathing – **Professor Sir Neil Douglas**
- 14:30 Morning tea
- 15:00 Polysomnography – Setting up and Sleep staging – **Dr Renata Riha**
- 16:00 Sleep Study Systems: The Good, the Bad and the Dozy – **Dr Brendan Cooper**
- 17:00 Daily summary

**Tuesday 27<sup>th</sup> March**

- 08:30 Anatomy of Sleep and the upper airway – **Professor Wilfried DeBacker**
- 09:00 Neuroimaging of sleep – **Dr Michael Czisch**
- 10:00 Morning tea
- 10:30 Control of Sleep and Breathing – **Professor Mary Morrell**
- 11:30 Sleep Pharmacology – **Professor Elemer Szabadi**
- 12:30 *Lunch - Film screening and discussion (optional) – Dr Ian Collins*
- 13:30 CPAP – **Professor Ramon Farre**
- 14:30 Mandibular repositioning splints – **Dr Ama Johal**
- 15:30 Afternoon tea
- 16:00 Surgery for Sleep Apnoea – **Mr Bhik Kotecha**
- 17:00 Daily summary

**Wednesday 28<sup>th</sup> March**

- 08.30 - 10:30 Workshops
- 10:30 Morning tea
- 11:00 – 13:00 Workshops
- 13:00 Lunch
- 13:30 – 15:30 Workshops
- 15:30 – 16:30 Optional workshop on limited systems and Actiwatch***

**COURSE DINNER 19:00 FOR 19:30**

**St Trinnean's – inspiration for St Trinian's (the school where 'they do what they like')**

## **Thursday 29<sup>th</sup> March**

- 09:00 Assessment of daytime sleepiness – **Dr Tom Mackay**
- 09:30 Circadian rhythm disorders – **Professor Debra Skene**
- 10:30 Morning tea
- 11:00 Narcolepsy – **Professor Sonia Nevsimalova**
- 11:45 Parasomnias – **Dr Renata Riha**
- 12:45 Lunch
- 13:45 Sleep and Neurology – **Dr Ian Morrison**
- 14:30 Epilepsy and Sleep – **Dr Chris Derry**
- 15:15 Afternoon tea
- 15:30 Psychiatric aspects of sleep – **Dr Ian Collins**
- 16:30 Medicolegal aspects of Sleep Disorders – **Dr Ian Morrison**
- 17:15 Daily summary

## **Friday 30<sup>th</sup> March**

- 08:30 Cardiovascular and Metabolic complications of OSAHS – **Dr Silke Ryan**
- 09:30 Sleep and the failing heart – **Professor David Newby**
- 10:30 Morning tea
- 11:00 Driving aspects of Sleep Disorders – **Dr Tom Mackay**
- 11:30 Case Studies in Sleep Medicine – **Dr Renata Riha**
- 12:30 Insomnia – CBT and interventions for insomnia – **Professor Colin Espie**
- 13:30 LUNCH
  
- 14:30 **EXAM**

**COURSE FINISH THEREAFTER**