

## **EDINBURGH SLEEP MEDICINE COURSE 2010**

**Monday 22<sup>nd</sup> – Friday 26<sup>th</sup> March 2010**

### **Monday 22<sup>nd</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 – **Professor Neil Douglas**  
11:30 Polysomnography – Setting up and Sleep staging – **Dr Renata Riha**  
12:15 Lunch  
13:00 Overview of Paediatric Sleep Problems – **Dr Paul Gringras**  
13:45 **Professor John Stradling**  
14:30 Afternoon tea

15:00 WORKSHOPS

Finish 16.30

### **Tuesday 23<sup>rd</sup> March**

08:30 Neuroimaging of sleep – **Dr Michael Czisch**  
09:30 Control of Sleep and Breathing – **Dr Mary Morrell**  
10:30 Morning tea  
11:00 Digitised vs analogue systems for sleep studies – **Dr Brendan Cooper**  
12:00 Sleep Pharmacology – **Professor Elemer Szabadi**  
12:45 Lunch  
13:30 Anatomy of Sleep and the upper airway – **Professor Wilfried DeBacker**  
**14:15 TBA**

15:00 WORKSHOPS

16:30 Finish

### **Wednesday 24<sup>th</sup> March**

08.30 Overview of OSAHS – **Dr Renata Riha**  
09:00 CPAP – **Professor Ramon Farre**  
10:00 Morning tea  
10:30 Mandibular repositioning splints – **Dr Ama Johal**  
11:30 Surgery for Sleep Apnoea – **Mr Bhik Kotecha**  
12:30 Lunch

Free afternoon

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

**THE ROYAL COLLEGE OF PHYSICIANS EDINBURGH**

### **Thursday 25<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 Sona Nevsimalova**
- 11:45 Parasomnias – **Dr Renata Riha**
- 12:45 Lunch
- 13:30 Medicolegal aspects of sleep disorders – **Dr Tom Mackay**
- 14:15 Psychiatric aspects of sleep– **Dr Ian Collins**
  
- 15:00 WORKSHOPS
  
- 16:30 Finish

### **Friday 26<sup>th</sup> March**

- 08:30 What NICE has to say about CPAP – **Professor Rob Davies**
- 09:15 Cardiovascular complications of OSAHS – **Professor Walter McNicholas**
- 10:15 Morning tea
- 10:45 Sleep and the failing heart – **Professor David Newby**
- 11:30 Insomnia – CBT and interventions for insomnia – **Professor Colin Espie**
- 12:30 LUNCH
  
- 13:30 **EXAM**
  
- 15:00 COURSE FINISH**