EDINBURGH SLEEP MEDICINE COURSE
Monday 17th March – Friday 21st March 2014
John McIntyre Conference Centre, The University of Edinburgh

Monday 17th 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 – Dr Renata Riha
14:30 Afternoon tea
15:00 Polysomnography – Setting up and Sleep staging – Lizzie Hill
16:00 Mandibular repositioning splints – Dr Ama Johal
17:00 Daily summary

Tuesday 18th 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
13:30 CPAP – Professor Ramon Farre
14:30 Sleep Study Systems: The Good, the Bad and the Dozy – Dr Brendan Cooper
15:30 Afternoon tea
16:00 Surgery for Sleep Apnoea – Mr Bhik Kotecha
17:00 Daily summary

Wednesday 19th March
08:30 – 10:30 Workshops
10:30 Morning tea
11:00 – 13:00 Workshops
13:00 Lunch - Film screening and discussion (optional) – Dr Ian Collins
14:00 – 16:00 Workshops
16:00 – 17:00 Optional workshop on limited systems and Actiwatch

COURSE DINNER 19:00 FOR 19:30
St Leonard’s Hall, University of Edinburgh – inspiration for St Trinian’s (the school where ‘they do what they like’)

Thursday 20th 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
13:45  Epilepsy and Sleep – Dr Chris Derry
14:30  Psychiatric Aspects of Sleep – Dr Ian Collins
15:30  Afternoon tea
15:45  Sleep and Neurology – Dr Ian Morrison
16:30  Medicolegal Aspects of Sleep Disorders – Dr Ian Morrison
17:15  Daily summary

Friday 21st 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  Insomnia – Professor Dieter Riemann
12:30  Case Studies in Sleep Medicine – Dr Renata Riha
13:30  LUNCH

14:30  EXAM

COURSE FINISH THEREAFTER

MV/RLR/JT
10/01/2013