

Workshop

# Fundamentals of Polysomnography & Sleep

## 4<sup>th</sup> National Workshop

under the aegis of  
Bangalore Sleep Forum, Indian Society for Sleep Research

19<sup>th</sup> to 21<sup>st</sup> December 2019

Center for Consciousness Studies  
Human Sleep Research Laboratory, Dept. of Neurophysiology, NIMHANS, Bangalore

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This national workshop aims to introduce the fundamentals of polysomnography as well as concepts of sleep physiology in healthy and disease conditions.

The workshop will provide opportunities to attend two whole night polysomnography sessions as well as a nap study so that participants can familiarize themselves with the procedures. Detailed explanations will be provided on how to carry out scoring of sleep data. Finally, participants will be able to do scoring and check their understanding.

Intended Audience (*Max. 30 participants*):

Clinicians & Post-Graduate students in Physiology, Medicine  
Research scholars (PhD or PDF) & technical personnel engaged in sleep research  
Junior Faculty in related disciplines

Last date to apply: 10<sup>th</sup> December 2019

*(Please don't wait till last date, it may get fully booked earlier)*

Venue: Lecture Hall 1, Administrative Block, NIMHANS, Bangalore

Registration Fees: ₹2,500

Shared accommodation will be provided on request at the New Kabini hostel on campus at ₹500 per bed per night.

Registration Form: <https://is.gd/nimhanspsgworskhop>

E-mail address: [nimhanspsgworskhop@gmail.com](mailto:nimhanspsgworskhop@gmail.com)

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### Payment Information

Amount:	₹2,500	Account Name:	ISSR2017
Mode:	NEFT/IMPS	Account Number:	64201871804
Branch:	SBI, NIMHANS Branch	IFSC Code:	SBIN0040675

Time	Topic	Speaker/Personnel
19:00 – 19:30 hrs	Registration – Lecture Hall 2, 1 <sup>st</sup> Floor, Administrative Block	
19:30 – 20:00 hrs	Welcome Address	Dr. Bindu M. Kuty Professor of Neurophysiology NIMHANS
20:00 – 21:00 hrs	Dinner – Lecture Hall 2, 1 <sup>st</sup> Floor Administrative Block	
From 21:00 hrs	Whole-night Polysomnography	Dr. Gulshan Kumar, NIMHANS Dr. Pranay S. Yadav, NIMHANS Mr. Rahul Venugopal, NIMHANS Ms. Jimisha C., NIMHANS

Time	Topic	Speaker/Personnel
08:30 – 09:30 hrs	Breakfast – Lecture Hall 2, 1 <sup>st</sup> Floor, Administrative Block	
09:30 – 10:15 hrs	Importance of Sleep in Health & Well-being	Dr. Bindu M. Kuty Professor of Neurophysiology NIMHANS, Bangalore
10:15 – 11:00 hrs	Neural Substrates of Sleep	Dr. Ravindra P. N. Professor & H.O.D. Dept. of Physiology, GIMS, Gadag
11:00 – 11:25 hrs	Tea Break	
11:25 – 12:00 hrs	Basics of Polysomnography: Implications for Sleep Physiology and Sleep Medicine – An Introduction	Dr. Arun Sasidharan Research Program Manager Axxonet, Bangalore
12:00 – 12:45 hrs	Approach to the patient with sleep-related complaints	Dr. Uma Maheswari K. Professor of Pulmonary Medicine SJNAHS, Bangalore
12:45 – 13:30 hrs	Scoring of sleep stages as per AASM 2017 guidelines	Dr. Gulshan Kumar Mr. Rahul Venugopal PhD Scholars in Neurophysiology NIMHANS
13:30 – 14:30 hrs	Lunch	
14:30 – 15:15 hrs	Cardiac Autonomic Functions in Sleep	Dr. Ravindra P. N. Professor & H.O.D. Dept. of Physiology, GIMS
15:15 – 15:30 hrs	Tea Break	
15:30 – 19:30 hrs	Lab Session <ul style="list-style-type: none"> <li>• Demonstration of nap study</li> <li>• Identification of sleep stages as per AASM guidelines</li> <li>• Scoring of sleep stages of previous night's PSG study</li> </ul>	Dr. Arun Sasidharan, Axxonet Mr. Sumit Sharma, Axxonet Dr. Vrinda Marigowda, NIMHANS Dr. Gulshan Kumar, NIMHANS Mr. Rahul Venugopal, NIMHANS Dr. Pranay S. Yadav, NIMHANS Ms. Jimisha C., NIMHANS
19:30 – 21:00 hrs	Dinner & Discussion	
From 21:00 hrs	Whole-night Polysomnography	Dr. Gulshan Kumar, NIMHANS Dr. Pranay S. Yadav, NIMHANS Mr. Rahul Venugopal, NIMHANS Ms. Jimisha C., NIMHANS

Time	Topic	Speaker/Personnel
08:30 – 09:00 hrs	Breakfast – Lecture Hall 2, 1 <sup>st</sup> Floor, Administrative Block	
09:00 – 09:45 hrs	Sleep Disorders – An Overview	Dr. Arun Sasidharan Research Program Manager Axxonet, Bangalore
09:45 – 10:30 hrs	OSA – An Indian Perspective	Dr. H. B. Chandrasekhar Director, Jain Institute of Pulmonary & Sleep Medicine BMJH, Bangalore
10:30 – 11:15 hrs	Sleep and Movement Disorders – An Overview	Dr. Seshagiri D. V. Assistant Professor of Neurology NIMHANS, Bangalore
11:15 – 11:30 hrs	Tea Break	
11:30 – 12:15 hrs	REM Sleep Behavioral Disorder	Dr. Ravi Yadav Additional Professor of Neurology NIMHANS, Bangalore
12:15 – 13:00 hrs	Epilepsy and Sleep: Intricately Related	Dr. Sanjib Sinha Professor of Neurology NIMHANS, Bangalore
13:00 – 14:00 hrs	Lunch	
14:00 – 14:45 hrs	Dental Sleep Medicine – Treatment options for OSA	Dr. Mythili Kalladka Consultant, TMD, Orofacial Pain & Dental Sleep Medicine, Bangalore
14:45 – 15:30 hrs	Interventional techniques for assessing sleep depth	Mr. Rahul Venugopal PhD Scholar in Neurophysiology NIMHANS, Bangalore
15:30 – 16:00 hrs	Certificate Distribution and Valedictory Function	
From 16:00 hrs	High Tea	