

# Fundamentals of Polysomnography & Sleep

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

under the aegis of  
Bengaluru Sleep Forum, Indian Society for Sleep Research  
by  
Human Sleep Research Laboratory  
NIMHANS Centre for Consciousness Studies  
Department of Neurophysiology

9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> December 2021

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

Besides the didactic talks on sleep and sleep disorders, the workshop will provide opportunities to attend an online nap study as well as sleep stage scoring based on AASM guidelines.

### Intended Audience:

Clinicians & Post-Graduate students in Physiology, Medicine, Psychiatry, ENT, Neurology, Research scholars (PhD or PDF) & technical personnel engaged in sleep research, junior faculty in related disciplines, teachers, junior faculty members

**Last date to apply: 5th December 2021**

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

Venue: **Online**

Registration Fees: **₹1000**

Registration Form: <https://tinyurl.com/y4jvzb3p>

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

**e-certificates towards participation would be provided on completion of workshop**

### Payment Information

Amount: ₹1000

Account name: ISSR2017

Mode: NEFT/IMPS

Account no: 64201871804

## Day 1

## PSG Workshop

## Schedule

9<sup>th</sup> December 2021

Time	Topic	Speaker
09:30 – 10:00 hrs	Inaugural presidential address	Dr. HN Mallick President, ISSR
10:00 – 10:45 hrs	Functions of sleep	Dr. Bindu M. Kutty Professor of Neurophysiology & In Charge NIMHANS Center for Consciousness Studies (CCS) NIMHANS, Bengaluru
10:45 – 11:30 hrs	Neural substrates of sleep	Dr. Ravindra P. N. Associate Professor, CCS Dept. of Neurophysiology NIMHANS, Bengaluru
11:30 – 12:15 hrs	Neurophysiology of sleep	Dr. Bindu M. Kutty Professor of Neurophysiology & In Charge NIMHANS Center for Consciousness Studies (CCS) NIMHANS, Bengaluru
12:15 – 13:00 hrs	Sleep and dreams	Dr. Gulshan Kumar PhD Scholar, CCS Dept. of Neurophysiology NIMHANS, Bengaluru
<b>LUNCH BREAK: 13:00 – 14:15 hrs</b>		
14:15 – 15:00 hrs	Sleep and memory	Dr. Bindu M. Kutty Professor of Neurophysiology & In Charge NIMHANS Center for Consciousness Studies (CCS) NIMHANS, Bengaluru
15:00 – 15:45 hrs	Sleep Disorders – An Overview	Dr. Arun Sasidharan Scientist C, CCS Dept. of Neurophysiology NIMHANS, Bengaluru

Time	Topic	Speaker
09:30 – 10:15 hrs	Circadian rhythm disorders and sleep	Dr. Ravi Gupta Professor of Psychiatry AIIMS, Rishikesh
10:15 – 10:35 hrs	Circadian rhythm manipulation and sleep-wakefulness behavior in animal models	Dr. Neethi Prem Senior Research Fellow, CCS Dept. of Neurophysiology NIMHANS, Bengaluru
10:35 – 11:20 hrs	Basics of Polysomnography: Implications for Sleep Physiology and Sleep Medicine – An Introduction	Dr. Arun Sasidharan Scientist C, CCS Dept. of Neurophysiology NIMHANS, Bengaluru
11:20 – 12:15 hrs	Scoring of sleep stages as per AASM 2017 guidelines	Dr. Gulshan Kumar PhD Scholar, CCS Dept. of Neurophysiology NIMHANS, Bengaluru
12:15 – 13:00 hrs	Challenges in sleep stage scoring in patients with neurodegenerative disorders	Dr. Seshagiri D. V. Assistant Professor of Neurology NIMHANS, Bangalore
<b>LUNCH BREAK: 13:00 – 14:00 hrs</b>		
14:00 – 17:00 hrs	<b>Lab session (Online)</b> <ul style="list-style-type: none"> <li>● Online demonstration of nap study</li> <li>● Identification of sleep stages as per AASM guidelines</li> <li>● Scoring of sleep stages from a recorded PSG study</li> </ul>	Dr. Ravindra P.N., NIMHANS Dr. Arun Sasidharan, NIMHANS Dr. Vrinda Marigowda, NIMHANS Dr. Gulshan Kumar, NIMHANS Mr. Rahul Venugopal, NIMHANS Ms. Suma Bhaskar, NIMHANS Ms. Safoora Naaz, NIMHANS Ms. Jimisha C., NIMHANS Ms. Jini Joseph, NIMHANS

## Schedule

11<sup>th</sup> December 2021

Time	Topic	Speaker
9:30 – 10:15 hrs	Approach to the patient with sleep related complaints	Dr. Uma Maheshwari K. Professor of Pulmonary Medicine SJNAHS, Bangalore
10:15 – 11:00 hrs	OSA – An Indian perspective	Dr. H. B. Chandrasekhar Director, Jain Institute of Pulmonary & Sleep Medicine BMJH, Bangalore
11:15 – 12:00 hrs	Dental Sleep Medicine – Treatment options for OSA	Dr. Mythili Kalladka Consultant, TMD, Orofacial Pain & Dental Sleep Medicine, Bangalore
	REM Sleep Behavioural Disorder	Dr. Ravi Yadav Professor of Neurology NIMHANS, Bangalore
12:00 – 12:45 hrs		
<b>LUNCH BREAK: 12:45 – 14:00 hrs</b>		
14:00 – 14:45 hrs	Epilepsy and Sleep: Intricately related	Dr. Sanjib Sinha Professor of Neurology NIMHANS, Bangalore
14:45 – 15:05 hrs	Epilepsy and sleep: Insights from animal models	Kala P Nair PhD Scholar Dept. of Neurophysiology NIMHANS, Bengaluru Rahul Venugopal PhD Scholar, CCS Dept. of Neurophysiology NIMHANS, Bengaluru
15:05 – 15:25 hrs	Beyond hypnograms: Assessing sleep stability	Dr. Ravindra P. N. Associate Professor, CCS Dept. of Neurophysiology NIMHANS, Bengaluru
15:30 – 16:15 hrs	Subjective sleep quality assessment	Dr. Bindu M. Kutty Professor of Neurophysiology & In Charge NIMHANS Center for Consciousness Studies (CCS) NIMHANS, Bengaluru
16:15 – 16:30 hrs	Concluding remarks	