

Hands-on Workshop

Fundamentals of Polysomnography & Sleep

7th 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

15th, 16th & 17th December 2022

This national 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 a PSG 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) & personnel engaged in sleep research, junior faculty in related disciplines, teachers, junior faculty members and sleep technologists

Last date to apply: 12th December 2022

*(Please don't wait till last date, **offline** registrations would be closed after 30 seats get filled on a first come basis)*

Venue: Lecture Hall 1, Admin block, Dept. of Neurophysiology, NIMHANS

Registration Fees: ₹3000 for in person participants

Registration Fees: ₹1000 for online participants (Hands on sessions won't be accessible for online participants)

Registration Form: <https://forms.gle/JMqYta2hPZZj4QMi9>

e-mail address: nimhanspsgworkshop@gmail.com

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

Payment Information

| | | |
|---------|--------------|-------------------------|
| Amount: | ₹3000/1000 | Account name: ISSR2017 |
| Mode: | NEFT/IMPS | Account no: 64201871804 |
| Branch: | SBI, NIMHANS | IFSC code: SBIN004067 |

NOTE: We will be providing an expert training in polysomnography (only 5 people intake) for a week in February, 2023. email us at above address in case you are interested

| Time | Topic | Speaker |
|---|--|--|
| 19:00 - 19:30 hrs | Registration - Lecture Hall 1, 1 st floor, Administrative Block | |
| 19:30 - 20:00 hrs | Welcome Address | Dr. Bindu M. Kutty Professor of Neurophysiology & In Charge NIMHANS Center for Consciousness Studies (CCS) NIMHANS, Bengaluru |
| DINNER: 20:00 - 21:00 hrs | | |
| Lecture Hall 2, 1st floor, Administrative Block | | |
| 21:00 hrs onwards | Whole-night Polysomnography @ Human sleep research laboratory | Dr. Arun Sasidharan Dr. Ravindra P.N. Dr. Gulshan Kumar Ms. Safoora Naaz Ms. Jimisha C. ~ Team CCS, NIMHANS |

| Time | Topic | Speaker |
|---------------------------------------|--|--|
| 08:30 – 09:30 hrs | Breakfast – Lecture Hall 2, 1 st floor, Administrative block | |
| 09:30 – 09:50 hrs | Inaugural presidential address | Dr. HN Mallick President, ISSR |
| 09:50 – 10:30 hrs | Neurobiology of sleep | Dr. Bindu M. Kutty Professor of Neurophysiology & In Charge NIMHANS Center for Consciousness Studies (CCS) NIMHANS, Bengaluru |
| 10:30 – 10:40 hrs | Tea Break | |
| 10:40 – 11:20 hrs | Circadian rhythm and sleep | Dr. Ravindra P. N. Associate Professor, CCS Dept. of Neurophysiology NIMHANS, Bengaluru |
| 11:20 – 12:30 hrs | Basics of Polysomnography: Implications for Sleep Physiology and Sleep Medicine – An Introduction | Dr. Arun Sasidharan Scientist C, CCS Dept. of Neurophysiology NIMHANS, Bengaluru |
| LUNCH BREAK: 12:30 – 13:20 hrs | | |
| 13:20 – 14:30 hrs | Scoring of sleep stages as per AASM 2017 guidelines | Dr. Gulshan Kumar PhD Scholar, CCS Dept. of Neurophysiology NIMHANS, Bengaluru |
| 14:30 – 16:30 hrs | <ul style="list-style-type: none"> • Identification of sleep stages as per AASM guidelines • Scoring of sleep stages from previous night PSG study • Hands on scoring sessions • Discussions | Dr. Arun Sasidharan Dr. Ravindra P.N. Dr. Vrinda Marigowda Dr. Gulshan Kumar Ms. Suma Bhaskar Ms. Safoora Naaz Ms. Jimisha C. Ms. Jini Joseph |
| 16:30 – 16:45 hrs | Tea Break | |
| 16:45 – 17:30 hrs | Neurodevelopment & REM sleep dependent memory consolidation | Dr. Deependra Kumar Post-doc Researcher, International Institute for Integrative Sleep Medicine |
| 17:30 – 18:30 hrs | Epilepsy and Sleep: Intricately related | Dr. Sanjib Sinha Professor of Neurology NIMHANS, Bangalore |
| 18:30 – 20:00 hrs | Management of Insomnia with special reference to Indian context | Dr. Deepak Shrivastava Prof., Dept of Pulmonary, Critical care & Sleep Medicine, University of California |
| 20:00 – 21:00 hrs | DINNER Lecture Hall 2, 1st floor, Administrative Block | |

| Time | Topic | Speaker |
|---------------------------------------|--|---|
| 08:30 – 09:30 hrs | Breakfast – Lecture Hall 2, 1 st floor, Administrative block | |
| 9:30 – 10:15 hrs | Sleep Disorders – An Overview | Dr. Arun Sasidharan Scientist C, CCS Dept. of Neurophysiology NIMHANS, Bengaluru |
| 10:15 – 11:00 hrs | Approach to the patient with sleep related complaints | Dr. Uma Maheshwari K. Professor of Pulmonary Medicine SJNAHS, Bangalore |
| 11:00 – 11:30 hrs | Tea Break | |
| 11:30 – 12:15 hrs | Sleep Medicine in India: The Challenges ahead | Dr. Ravi Gupta Professor of Psychiatry AIIMS, Rishikesh |
| 12:15 – 13:00 hrs | OSA and Yearend Review | Dr. H. B. Chandrasekhar Director, Jain Institute of Pulmonary & Sleep Medicine BMJH, Bangalore |
| LUNCH BREAK: 13:00 – 14:00 hrs | | |
| 14:00 – 14:45 hrs | REM Sleep Behavioural Disorders | Dr. Ravi Yadav Professor of Neurology NIMHANS, Bangalore |
| 14:45 – 15:30 hrs | Challenges in sleep stage scoring in patients with neurodegenerative disorders | Dr. Seshagiri D.V. Assistant Professor of Neurology NIMHANS, Bangalore |
| 15:30 – 16:15 hrs | Panel discussion on “Sleep from Indian philosophical perspective” | Dr. Ramajayam G. Dr. Bindu M Kutty Dr. Ravindra P.N. Dr. Arun Sasidharan Dr. Sushrutha S |
| 16:15 – 17:00 hrs | Dental Sleep Medicine and the role of a dentist in interdisciplinary management of Obstructive sleep apnea | Dr. Mythili Kalladka Consultant, TMD, Orofacial Pain & Dental Sleep Medicine, Bangalore |
| From 17:00 hrs | Concluding remarks (followed by high tea) | Dr. Bindu M. Kutty Professor of Neurophysiology & In Charge NIMHANS Center for Consciousness Studies (CCS) NIMHANS, Bengaluru |