



World Sleep  
Academy

# ACCESSIBLE SLEEP TRAINING AROUND THE WORLD

**WORLD  
SLEEP SOCIETY**  
*Advancing Sleep Health Worldwide*

[worldsleeptociety.org/wsa](https://worldsleeptociety.org/wsa)

**Starting September 2022!**

# GLOBAL SLEEP EDUCATION FOR HEALTH CARE PRACTITIONERS

*If we can help people get better sleep, we improve their health outcomes, their relationships, their work performance, and their overall senses of well-being.*

## **Imagine an academy where you...**

- *Interact directly with sleep experts*
- *Discover content that fits your needs as a sleep practitioner*
- *Network with other colleagues from all over the world*
- *Experience genuine care and concern from your instructors*
- *Learn goal-directed, real-world content that has clear objectives and immediate practical value*
- *Set the time for your studies*
- *Get to be curious and ask searching questions*
- *Help people with sleep disorders*

## **If you are a...**

- *Doctor in Paraguay wondering how to help a patient who snores too much,*
- *Healthcare worker in Uzbekistan talking to a mother who is concerned about her child's sleepwalking,*
- *Nurse in Iran who wants to cut down on the number of traffic fatalities caused by truck drivers falling asleep at the wheel,*
- *Counselor in Vietnam helping people adjust to working the night shift,*

**World Sleep Academy is right for you!**



# ACADEMY OVERVIEW

By participating in the World Sleep Academy (WSA), you will recognize populations at risk for sleep disorders, improve your sleep medicine diagnostic capabilities, and discover possible treatment options. WSA instructors will make the curriculum relevant to your needs and meaningful for your practice.

## Academy benefits

- Access to the World Sleep Society global network
- Sleep content relevant to your needs
- Rich, in-depth interactions with sleep colleagues and instructors
- Patient engagement and dialogue skills

## Academy goals

- Learn the underlying causes of sleep disorders
- Develop your basic sleep medicine diagnostic capabilities
- Network with other sleep experts around the world
- Understand treatment options for sleep disorders
- Learn the basics of a sleep medicine practice

## Who should apply?

The WSA is designed for health care workers, specifically in areas underserved by sleep medicine specialists, who need sleep medicine knowledge to help their patients and advance their careers.

## What is the content?

Sleep science, sleep technology, patient evaluation, obstructive sleep apnea, non-invasive ventilation, disorders of hypersomnolence, sleep-related movement disorders, parasomnias, insomnia, pharmacology, behavioral/psychological/neurocognitive aspects, circadian disorders, pediatric aspects, and tips on how to set up a sleep center.

## When does it start?

The first course starts on September 1, 2022.

## What kind of academy is it?

This academy has synchronous and asynchronous **online courses**. *That means you will be able to do the course on your own time and keep your full time job.* There will be weekly lectures and learning activities. You will have opportunities to interact with your colleagues and your instructors through Zoom, discussion boards, and shared videos.

## Why is this academy unique?

There are other sleep training programs out there, offered by institutes and universities. What makes the WSA unique is its emphasis on reaching health care professionals in parts of the world who don't have access to reliable sleep content or sleep experts. We will use our network of global educators from World Sleep Society to teach this course.

## Our global reach is our strength.

# ACADEMY OVERVIEW

## How to apply to the Academy

You can apply online starting June 1, 2022. The application process is quite simple. After completing an online application form, you will be invited to a brief admissions interview to assess your English skills. To view the online application visit, [worldsleepsociety.org/wsa](https://worldsleepsociety.org/wsa)

## Academy cost

- Tier 1: \$750
- Tier 2: \$1,250
- Tier 3: \$750
- Entire program (all three tiers): \$2,500

## Scholarships

Applicants living in low-income countries, as classified by the World Bank, should inquire about scholarships. Visit the Academy website for the scholarship application at [worldsleepsociety.org/wsa](https://worldsleepsociety.org/wsa)

## Application fee

There is a \$100 application fee for the World Sleep Academy. If you are admitted, the fee is applied to your program tuition.

## How do you successfully complete the Academy?

In order to pass the first two tiers, you need to submit a portfolio of activities and pass an evaluation. There will be specific deadlines to submit the portfolio and pass the evaluation.

- The portfolio will include participation in one guided discussion forum, answers to a video case study, and journal club participation.
- The evaluation will be either an analysis of a sleep case or an oral exam.

In order to pass the final tier, you need to submit an action research project, detailed case study analysis, and an evaluation that covers all of the sleep disorders in Tier 2. You need to pass all three tiers to complete the Academy.

## What do you get as certification when you finish the Academy?

There are three levels of certification.

- Participation in a tier: You will receive a certificate of participation.
- Successful completion of a tier: For each tier you complete, you will receive a digital badge and a signed digital certificate with a curricular description of key competencies.
- Successful completion of the WSA: You will receive a signed digital diploma and a digital letter of recommendation from a key faculty member.





## Meet the Academy Director



*Lourdes DelRosso, MD, PhD is Associate Professor of Pediatrics and Adjunct Associate Professor of Neurology at University of Washington. She is also a Sleep Physician at Seattle Children's Hospital.*

*Dr. DelRosso has spent her entire professional career expanding the boundaries of global sleep health. She has been involved in Haiti as part of the 2010 earthquake relief program and also the director of a 2020 World Sleep Day initiative to improve children's sleep in a community in Haiti.*

*In 2013, Dr. DelRosso travelled to the Dominican Republic with the Global Outreach team of the Children's Hospital of Philadelphia to train community health workers. In California, she has trained community health workers in early intervention program for children younger than 5 years of age.*

*Dr. DelRosso has also been active in global sleep initiatives, such as the 2019 Latin American Symposium on Diversity and Inclusion, the 2020 Symposium on Global Sleep Medicine, and in recent years as the co-chair of the World Sleep Day committee. Her commitment to global sleep health, and to the World Sleep Academy in particular, is profound.*

# ACADEMY CURRICULUM

Developed and curated by leading sleep experts, the tiers cover all the standard areas of sleep medicine. Each tier will have an original manuscript covering the basics of the field, a video focusing on current issues, a case study discussion, and interaction with sleep experts. The WSA is a year-long course with three tiers. We encourage you to apply for all three tiers of the Academy, but you can also apply to just one tier if you prefer.

## TIER 1

### Sleep science, technology, and patient evaluation

This introductory tier is for people who do not have much knowledge about sleep but want to know more. You will gain a basic knowledge of the sleep field. The following topics are covered:

- Sleep science
- Sleep technology
- Evaluation of patients with sleep disorders
- Basic sleep study practice
- Leadership skills

## TIER 2

### Sleep disorders

This intermediate tier is for people who have a basic knowledge of sleep research and practice. You will acquire a working knowledge of the main types of sleep disorders. The following topics are covered:

- Obstructive sleep apnea (OSA)
- Non-OSA sleep-related breathing disorders
- Non-invasive ventilation
- Hypersomnias
- Sleep-related movement disorders
- Parasomnias
- Insomnia
- Psychological aspects of sleep
- Circadian disorders
- Pediatric sleep concerns
- Intermediate sleep study practice
- Leadership skills

## TIER 3

### Sleep case studies and research projects

This advanced tier is for people who have a significant knowledge of sleep research and practice. You will develop your analytical skills regarding sleep disorders. The following topics are covered:

- Pharmacology
- Setting up a sleep lab
- Sleep case studies mentored by a sleep expert
- Introduction to research methodologies
- Action research project developed by you and mentored by a sleep expert
- Leadership skills
- Advanced sleep study practice



# ACADEMY ENTRY REQUIREMENTS

The following qualifications are required for each tier.

## TIER 1

### Sleep science, technology, and patient evaluation

One of these qualifications:

- College degree (associate's degree or above) in medicine, psychology or health-related science
- Leadership position for at least two years at a community health center with direct patient involvement in health, health education, or prevention

## TIER 2

### Sleep disorders

One of these qualifications:

- Successful completion of Tier 1
- A diploma course in sleep medicine
- At least 120 hours of experience in a sleep center
- 60 cumulative hours of participation in sleep-related conferences

## TIER 3

### Sleep case studies and research projects

One of these qualifications:

- Successful completion of Tier 2
- Completion of a fellowship in sleep medicine
- At least three years practicing sleep medicine
- Completion of a master's level program or course that is at least one year long



# ADVANCING SLEEP HEALTH WORLDWIDE

The mission of World Sleep Society is to advance sleep health worldwide. World Sleep Society fulfills this mission by promoting and encouraging education, research, and patient care throughout the World, particularly in those parts of the world where the practice of sleep medicine is less developed.

World Sleep Society has developed a variety of initiatives that promote sleep education, awareness, and member services.

The World Sleep Academy, which is a World Sleep Society initiative, is not an affiliated institution, university, or hospital. Instead, we are a global network of sleep experts committed to advancing sleep health worldwide.

The World Sleep Society is a non-profit organization. The World Sleep Academy is staffed by sleep experts who are donating their time and expertise. Your tuition covers only operating expenses for the Academy. No profits are made from this Academy.

The World Sleep Academy will continue over the years as part of the rich tradition of World Sleep Society initiatives that advance sleep health. A number of World Sleep Society worldwide initiatives include:



## MENTORING & TRAINING SLEEP RESEARCH LEADERS

The International Sleep Research Training Program (ISRTP) connects young researchers from around the world directly with leading sleep experts for a one-year internship and leadership curriculum.



## ANNUAL AWARENESS EVENT WITH CALL TO ACTION

World Sleep Day® is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep.



## BEST OF SLEEP MEDICINE & RESEARCH MEETING

Biennial meeting that provides participants from around the world with unmatched opportunities to exchange scientific ideas and experiences in sleep medicine.

## ASSOCIATE SOCIETY MEMBERS

## WORLD-WIDE CLINICAL & SCIENTIFIC SLEEP SOCIETIES

With a broad network of professional sleep organizations on every continent, we provide unparalleled access sleep resources and experts.

For more information on World Sleep Society visit [worldsleepsociety.org](http://worldsleepsociety.org)



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