



**INDIAN SOCIETY FOR SLEEP RESEARCH  
(ISSR)**

**NATIONAL SLEEP MEDICINE COURSE (NSMC)**

**AND**

**NATIONAL SLEEP TECHNOLOGY COURSE (NSTC)**

**VENUE: INTERNATIONAL CENTRE GOA**

**DATES: 14-16 OCT 2022**



**SACN TO REGISTER**

**National Sleep Technology Workshop**  
**International Centre Goa, Panaji**  
**October 14, 2022**

0800-0900am	<b>Registration</b>	
	Topic	Speaker
0900-0930am	Principles of polysomnography (AASM)	<a href="#">Arun</a>
0930-1000am	Basics of PSG Signals	V. Mohan Kumar
1000-1030am	Classification of sleep disorders	Ravindra
1030-1100am	Interactive session- Sleep scoring: Sleep stages, arousals, respiratory events, leg movements	<a href="#">Tripat Deep Singh</a>
1100-1130am	<b>Tea Break</b>	
1130am-1200pm	Polysomnography report interpretation and application	<a href="#">Manvir Bhatia</a>
1200-1230pm	MSLT and MWT	Pankaj Arora
1230-1300pm	Sleep and wearable device	Kumar <a href="#">Budur</a>
1300-1400pm	<b>Lunch</b>	
1400-1600pm	<b>Hands on polysomnography workshop-<a href="#">Tripat Deep/Pankaj/Nasreen/Arun</a></b>	
1600-1630pm	<b>Tea Break</b>	
1630-1800pm	<b>Hands on polysomnography workshop (Continued)</b>	

**National Sleep Medicine Course, DAY 1**  
**International Centre Goa, Panaji**  
**October 15, 2022**

0900-0930am	<b>Registration of NSMC</b>	
	<b>Topic</b>	<b>Speaker</b>
0930-1000am	Introduction to NSMC	Deepak Shrivastava
1000-1030am	Neural mechanisms of wakefulness	V Mohan Kumar
1030-1100am	Neurobiology of sleep	Bindu M <del>Kutty</del>
Tea Break	<b>Tea Break</b>	
1130am-1200pm	Lack of sleep: Health consequences	H N Mallick
1200-1230pm	Sleep in women	<del>Kamalesh K Gulia</del>
1230-1300pm	Insomnia pathophysiology, classification and management	<del>Manjari</del> Tripathi
1300-1400pm	<b>Lunch</b>	
1400-1430pm	Pathophysiology of OSA	Deepak Shrivastava
1430-1500pm	Sleep <del>apnea</del> evaluation and diagnosis	<del>Ramadevi Gourineni</del>
1500-1530pm	Basics of positive airway pressure therapy	<del>Tripat</del> Deep Singh
1530-1600pm	<b>Tea Break</b>	
1600-1630pm	Surgical management of OSA	Anuj Chandra
1630-1700pm	Melatonin and sleep	Nasreen Akhtar
1700-1730pm	<b>Sleep Bazar</b>	<b>Sponsored event</b>
1730pm	Demonstration of MSLT recording	Practical: Two groups ( <del>Arun</del> , Pankaj)

**National Sleep Medicine Course, Day 2**  
**International Centre Goa, Panaji**  
**October 16, 2022**

Time	Topic	Speaker
0900-0930am	Circadian rhythm sleep disorders - delayed sleep phase syndrome	<a href="#"><u>Sunao Uchida</u></a>
0930-1000am	NREM and REM parasomnias	Ravi Gupta
1000-1030am	Sleep related movement disorders and RLS	<a href="#"><u>Preeti Devnani</u></a>
1030-1100am	Narcolepsy: Diagnosis and management	<a href="#"><u>Manvir Bhatia</u></a>
1100-1130am	<b>Tea Break</b>	
1130am-1200pm	Sleep Pharmacology	Deepak Shrivastava
1200-1230pm	EEG signatures of sleep and sleep disorders	<a href="#"><u>Rama Maganti</u></a>
1230-1300pm	Sleep and sleep disorders in children	<a href="#"><u>Manisha Juvekar</u></a>
1300-1400pm	<b>Lunch</b>	
1400-1430pm	Epidemiological studies of sleep disorders in India: A metanalysis	<a href="#"><u>Karuna Datta</u></a>
1430-1500pm	Automated sleep scoring; cloud-based consumer technology; future of sleep medicine	<a href="#"><u>Kumar Budur</u></a>
1500-1530pm	Changing face of sleep medicine	<a href="#"><u>Vikram Sarbhai</u></a>
1530-1600pm	<b>Tea Break</b>	
1600-1700pm	<b>Panel discussion on Sleep Advocacy and Conclusion</b>	