

WORKSHOP

Fundamentals of Polysomnography & Sleep

3rd National Hands-on Workshop

under the aegis of

Bangalore Sleep Forum, Indian Society for Sleep Research

20th to 22nd December 2018

Department of Neurophysiology, NIMHANS

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. 40 participants)

Post-Graduate students in Physiology, Medicine

Research scholars (PhD or Post-doctoral) engaged in sleep research

Junior Faculty in related disciplines

Shared accommodation will be provided on request in the New Kabini hostel on campus at Rs. 300 per bed per night.

Last date to apply: ~~30th November 2018~~ **Extended to 10th December 2018**

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

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

Registration Fees: ₹2,500

Payment Information

Amount	₹2,500
Mode	NEFT/IMPS
Account Name	ISSR2017
Account Number	64201871804
IFSC Code	SBIN0040675
Branch	State Bank of India, NIMHANS Branch

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

E-mail address: nimhanspsgworskhop@gmail.com

Day 1 – 20th December 2018

Time	Topic
19:00–19:30 hrs	Registration – Lecture Hall 2, 1 st Floor, Admin Block
19:30–20:00 hrs	Welcome Address Dr. Bindu M. Kutty, Professor & H.O.D., Dept. of Neurophysiology, NIMHANS
20:00–21:00 hrs	Dinner – Lecture Hall 2, 1 st Floor, Admin Block
21:00 hrs	Whole-night Polysomnography Dr. Gulshan Kumar, Mr. Rahul Venugopal, Dr. Pranay S. Yadav, Ms. Jimisha C., NIMHANS

Day 2 – 21st December 2018

Time	Topic	Speaker
08:30–09:30 hrs	Breakfast – Lecture Hall 2, 1 st Floor, Admin Block	
09:30–10:15 hrs	Importance of Sleep in Health & Well-being	Dr. Bindu M. Kutty Professor & H.O.D. Dept. of Neurophysiology, NIMHANS
10:15–11:00 hrs	Neural Substrates of Sleep	Dr. Ravindra P. N. Professor & H.O.D. Dept. of Physiology, Gadag Institute of Medical Sciences, Karnataka
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	Sleep Stage Scoring as per AASM Guidelines	Dr. Gulshan Kumar Mr. Rahul Venugopal Ph.D. Scholars Dept. of Neurophysiology, NIMHANS
12:45–13:30 hrs	Cardiac Autonomic Functions in Sleep	Dr. Ravindra P. N. Professor & H.O.D. Dept. of Physiology, Gadag Institute of Medical Sciences, Karnataka
13:30–14:30 hrs	Lunch	
14:30–15:15 hrs	Sleep & Memory	Dr. Bindu M. Kutty Professor & H.O.D. Dept. of Neurophysiology, NIMHANS
15:15–15:30 hrs	Tea Break	
15:30–19:30 hrs	Lab Session - Demonstration of nap study & Identification of Sleep Stages as per AASM Guidelines - Sleep Stage scoring of PSG study carried out on 1 st night	Mr. Sumit Sharma, Axxonet Dr. Arun Sasidharan, Axxonet Dr. Vrinda Marigowda, Axxonet Dr. Gulshan Kumar, NIMHANS Mr. Rahul Venugopal, NIMHANS Dr. Pranay S. Yadav, NIMHANS Ms. Jimisha C., NIMHANS
19:30–21:00 hrs	Dinner & Discussion	
21:00 hrs	Whole-night Polysomnography Dr. Gulshan Kumar, Mr. Rahul Venugopal, Dr. Pranay S. Yadav, Ms. Jimisha C., NIMHANS	

Day 3 – 22nd December 2018

Time	Topic	Speaker
08:30–09:00 hrs	Breakfast	
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, Bhagawan Mahaveer Jain Hospital, Bengaluru
10:30–11:15 hrs	Epilepsy and Sleep: Intricately Related	Dr. Sanjib Sinha Professor Dept. of Neurology, NIMHANS
11:15–11:30 hrs	Tea Break	
11:30–12:15 hrs	Sleep and Movement Disorders – An Overview	Dr. Seshagiri Assistant Professor Dept. of Neurology, NIMHANS
12:15–13:00 hrs	Dental Sleep Medicine – Treatment options for OSA	Dr. Mythili Kalladka Consultant, TMD, Orofacial Pain & Dental Sleep Medicine, Bengaluru
13:00–13:45 hrs	Intervention Techniques in Sleep Research for assessing Sleep Depth	Mr. Rahul Venugopal Ph.D. Scholar Dept. of Neurophysiology, NIMHANS
13:45–15:00 hrs	Lunch	
15:00–16:00 hrs	Bangalore Sleep Forum Launch	
16:00–16:30 hrs	Certificate Distribution and Valedictory Function	
16:30 hrs	High Tea	