

Sleep Medicine

Course contents:

- Scientific foundations of somnology: neurophysiology, neuropathology
- Diagnosis and classification of sleep disorders
- Neurophysiological examination methods - polysomnography and other alternatives for long-term monitoring of vital functions
- Neuroimaging techniques and their application in sleep disorders research
- Methodologies of molecular biology and genetics and their application in somnology
- Clinical somnology: Insomnia, Sleep-disordered breathing, Hypersomnia of central origin, Circadian rhythmic disorders, Parasomnia, Sleep disorders.
- Chronobiology and sleep disorders.
- Neuropharmacology of sleep disorders

Learning outcomes:

Integration of the scientific basis of neurology and somnology with special regard to excessive daytime sleepiness and specific sleep disorders in neurodegenerative diseases with the application of neurophysiological techniques of long-term monitoring of vital functions, the possibility of genetic and laboratory examination. Management of sleep disorders and their interpretation in terms of the latest diagnostic and classification systems. Implementation of the latest knowledge of neuropsychiatry, genetics and neuropharmacology into scientific and professional practice.

Recommended literature:

1. American Academy of Sleep Medicine. International Classification of Sleep disorders: Diagnostic and coding manual. 3rd. Darien, IL: American Academy of Sleep Medicine, 2014. 297p. ISBN: 0991543416
2. Kryger MH, Roth T, Dement WC: Principles and Practice of Sleep Medicine, Fifth E-dition. Saunders, Elsevier Inc. ISBN 978-1416003205

Course language:

slovak language

english language

Conditions for course completion:

oral exam