

# SLEEPCON 2017

## PRE CONFERENCE WORKSHOP

ON FRIDAY, 07.04.2017

<b>8.00AM – 9.00AM - REGISTRATION</b>		<b>9.00AM-4.00PM - WORKSHOP - I</b>	
<b>DENTAL SLEEP MEDICINE</b>			
Time	Duration	Topics	
9.00-9.30	30 mins	Basics of Sleep & OSA	Dr. Uma Maheshwari
9.30-10.00	30 mins	Essentials of PSG & CPAP for Dental professionals	Dr. Uma Maheshwari
10.00-11.00	60 mins	Essentials Dental sleep medicine	Dr. Jayan B
11.00-11.30	30 mins	Clinical and laboratory steps in the fabrication of mandibular advancement devices	Dr. Abhijeeth Kadu
11.30-11.50	20 mins	Management of OSAS with oro-nasal dilator system	Dr. Oommen Ninan
11.50-12.20	30 mins	Prevention of sleep disordered breathing in children (Orthodontic perspective)	Dr. Reena Ranjith Kumar
12.20-12.50	30 mins	Management of OSA with Maxillo mandibular advancement surgeries	Dr. PK Chattopadhyay
14.15-14.45	30 mins	Live demonstration of Bite recording for oral appliance and titration of mandibular advancement device	Dr. Jayan B Dr. Abhijeeth Kadu Dr. Oommen Ninan
14.45-15.45	60 mins	Table clinics and small group interaction	Dr. Jayan B Dr. Abhijeeth Kadu

<b>8.00AM – 9.00AM - REGISTRATION</b>		<b>9.00AM-4.00PM - WORKSHOP - II</b>	
<b>SLEEP DISORDERED BREATHING (OSA, CSA, URAS &amp; OHS)</b>			
Time	Duration	Topics	
9.00-9.40	40 mins	Diagnosis of Sleep Disordered Breathing – Technical issues & Scoring of Respiratory events what is new?	Dr. JC Suri
9.40-10.20	40 mins	Interpretation of Sleep study	Dr. Ramakrishnan. N
10.20-11.00	40 mins	Split night study, MSLT & MWT – Basics	Dr. Vikram Sarbhai
11.00-11.40	40 mins	Titration study in OSA & COPD / OSA overlap	Dr. Zia Hashim
13.00-13.45	45 mins	<b>Workstation - I</b>	<b>SCORING</b> - Respiratory events - Sleep
13.45-14.30	45 mins	<b>Workstation - II</b>	<b>Interpretation of sleep study with cases</b>
14.30-15.15	45 mins	<b>Workstation - III</b>	<b>OSA Therapy including Devices, Interface &amp; Troubleshoots</b>

8.00AM – 9.00AM - REGISTRATION		9.00AM-4.00PM -WORKSHOP - III	
INDIVIDUALIZING INSOMNIA THERAPY WITH COGNITIVE BEHAVIORAL THERAPY			
Time	Duration	Topics	
9.00-9.30	30 mins	Definition, epidemiology, pathophysiology and evaluation of insomnia. Evaluation includes: history, exam, and evaluation tools	Dr. Ramadevi Gourineni
9.30-10.00	30 mins	Poor and good sleep habits	Dr. Garima Shukla
10.00-11.00	60 mins	Stimulus control, sleep restriction/ compression and other therapies. Also discuss different methods of administering CBT-I	Dr. Ramadevi Gourineni
11.00-11.30	30 mins	Discuss cognitive restructuring and relaxation therapies that patients can be referred for.	Dr. Vidhya
11.30-11.50	20 mins	Behavioral therapies for childhood sleep problems	Dr. Preethi Devnanai
11.50-12.20	30 mins	Present cases and invite faculty discussions	
HYPERMOMNIAS			
Time	Duration	Topics	
13.30-14.00	30 mins	Neurobiology of Sleep and wake	Dr. Manjari Tripathi
14.00-14.30	30 mins	Approach to excessive daytime sleepiness and its investigation (including MSLT, MWT)	Dr. Garima Shukla
14.30-15.00	30 mins	Narcolepsy – epidemiological aspects; focus on the Indian scenario	Dr. Anupama Gupta
15.00-15.30	30 mins	Narcolepsy and related central hypersomnias (idiopathic hypersomnia: Nosological aspects, consensus for diagnosis)	Prof. Yves Dauvilliers
15.30-16.00	30 mins	Narcolepsy: guidelines for management and perspectives	Prof. Yves Dauvilliers
16.00-16.30	30 mins	Kleine Levin Syndrome – update on presentation, differentials and management	Dr. Garima Shukla
16.30-17.00	30 mins	Case based discussions on important causes of hypersomnolence	Dr. Manjari Tripathi Dr. Soham Desai

8.00AM – 9.00AM - REGISTRATION		9.00AM-4.00PM -WORKSHOP - IV		
PSG POLYSOMNOGRAPHY TECHNICAL ASPECTS				
Duration		Topics		
9.00-9.30	30 mins	Procedures done in Sleep Lab	Dr. Sureshkumar	
9.30-10.00	30 mins	Acquisition of Signal using PSG	Mr. Rikhabh Bansal	
10.00-10.30	30 mins	How to conduct level-1 Sleep study	Dr. Bhaskar	
10.30-11.00	30 mins	International 10-20 EEG Electrode placement	Dr. Ramadevi Gourineni	
11.00-11.30	30 mins	Artifacts and Troubleshooting	Mr. Rikhabh Bansal	
11.30-12.00	30 mins	How to do manual titration of CPAP/BiPAP/ O2 during Split Night Sleep Study	Dr. Tripat	
12.00-12.30	30 mins	How to choose the right mask for PAP Titration of OSA patient	Dr. Tripat	
12.30-13.00	30 mins	Calculations done in the Sleep Report	Dr. Ashwin	
14.00-15.00	60 mins	WORKSTATION – I	Procedures done in Sleep Lab	Dr. Sureshkumar
			How to conduct level-1 Sleep study	Dr. Bhaskar
15.00-16.00	60 mins	WORKSTATION- II	International 10-20 EEG Electrode placement	Dr. Ramadevi Gourineni
			Acquisition of Signal using PSG	Dr. Dheepan
16.00-16.30	30 mins	WORKSTATION – III	Artifacts and Troubleshooting	Mr. Rikhabh Bansal
16.30-17.30	60 mins	WORKSTATION – IV	Calculations done in the Sleep Report	Dr. Tripat
			How to do manual titration of CPAP/BiPAP/ O2 during Split Night Sleep Study	Dr. Tripat