

Sleep medicine course

The 2-year Sleep School organized jointly by the Universities of Helsinki and Turku, in co-operation with Nordic experts, will provide overview and practical tools for physicians, nurses, psychologists and researchers in the field of sleep medicine and sleep research. CME credits will be applied from the Universities of Helsinki and Turku.

The course combines high quality expertises in sleep research (Sleepwell research program at Helsinki University Medical Faculty) and clinical sleep medicine (Sleep and Breathing Centre at the Turku University Hospital). The teachers are internationally recognized experts on their respective fields, and experienced educators. The curriculum has been created and evaluated in reference with the recommendations of the EACCME.

Aims of the course: The course "Sleep medicine" will provide the participants overview on sleep medicine and practical tools for professionals and students in the field.

Target audience: Medical doctors, nurses, psychologists and other health care professionals working in fields where patients have sleep problems, as well as students and researchers of these fields.

Methods: The course is an e-learning course. The lectures will be given once a month on Wednesday at 16.00 – 18.00 h. Time allocated for each presentation is 60 min. Legal aspects included in presentations when applicable. The lectures will be offered through Zoom-link (please, see below). Registration for the course is not needed.

Further information: No exams. Upon request, you will receive a certificate of attendance in the end of the semester if you have attended the lectures. Please rename yourself in Zoom with first name + last name (do not use nickname/user ID/student number/just first name). Possible changes in the curriculum will be informed at <https://www2.helsinki.fi/en/researchgroups/sleepwell/sleep-school> and at <https://www.vsshp.fi/fi/toimipaikat/tyks/uni-ja-hengityskeskus/ammattilaisille/Sivut/default.aspx>

Topic: Sleep Medicine Course

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://helsinki.zoom.us/j/69483257796?pwd=Vm8zbFNmeXdmU2k5d0NxWVgxUWdqQT09>

Meeting ID: 694 8325 7796

Passcode: 416707

Curriculum Spring Term 2022

January 12

9. Classification and epidemiology of sleep disorders. Markku Partinen

10. Clinical interview and examination of different sleep disorders. Juha Markkula, Salla Lamusuo and Ulla Anttalainen

February 9

11. Polysomnography, cardiorespiratory polygraphy, MSLT, MWT, actigraphy, and OSLE test.

Anniina Norrkniivilä

12. Fundamentals of clinical neuropsychopharmacology of sleep and wake, and effects of medications used in treatment of conditions other than sleep disorders, on sleep. Jarmo Hietala

March 9

13. Insomnia disorder 1: Insomnia disorder from the point of primary health care. Elina Bergman and Juha Markkula.

14. Insomnia disorder 2: Mechanisms and non-pharmacological treatment of insomnia disorder. Heli Järnefelt and Juha Markkula

April 13

15. Insomnia disorder 3: Insomnia disorder from the point of tertiary health care: Overlap of insomnia disorder, sleep apnoea, restless legs syndrome and other sleep disorders. Juha Markkula, Salla Lamusuo, Tarja Saaresranta

16. Insomnia disorder 4: Pharmacological treatment of insomnia disorder and other sleep disorders. Esa Korpi

May 11

17. Case based teaching of sleep recordings in SDB. Ludger Grote

18. Treatment of obstructive and central sleep apnoea syndrome. Tarja Saaresranta