



COMPREHENSIVE CENTRE FOR SLEEP DISORDERS  
DEPARTMENT OF NEUROLOGY

SREE CHITRA TIRUNAL INSTITUTE FOR MEDICAL SCIENCES AND TECHNOLOGY, TRIVANDRUM-695 011

# **POLYSOMNOGRAPHY WORKSHOP**

12<sup>th</sup> November 2022

9.30 am-1.30 pm

Dear Friends,

On behalf of Comprehensive Centre for Sleep disorders, Department of Neurology, we are organizing a half day teaching workshop on Polysomnography on 12th November 2022 at our Institute. The aim of the workshop is to give a comprehensive overview of Polysomnography, covering the types of studies, their indications, technology along with hands-on training in scoring and interpretation of studies to the participants. Even though sleep disorders are very common and can co-exist and overlap with other medical disorders, time spent on sleep medicine in our medical curriculum still remains suboptimal. Our workshop is targeted at trainees in Neurology, Respiratory medicine, ENT, Psychiatry and Neurotechnology and aims to fill their current gaps in knowledge of Polysomnography.

Due to the nature of training, we are planning to limit the number of participants to 50 and need prior registration also.

Please don't hesitate to contact us for any clarifications.

Best wishes,

Dr Sapna Erat Sreedharan

Additional Professor of Neurology

On behalf of the Organizing team

Workshop conveners

Prof Ashalatha R, Professor of Neurology.

Dr Sapna Erat Sreedharan, Additional Professor of Neurology.

Ms Nandini V S, Junior Scientific Officer

Workshop organizing team

Mr Renjith

Mr Sishir Raj

Mr Unnikrishnan J P

Ms Deepa Paul

Mr Anees C A

Ms Shana Nair

Mr Pradeep M J

Ms Maneesha M M

For registration please contact

Mr Renjith (9497893457)

Mr Anees (9746033200)

Dr Sapna (9061989994)

**Last date  
for registration:**

**30th  
October  
2022.**

**Registration fees-**

**For Doctors -₹ 250/-**

**For Neurotechnologists-free**

# POLYSOMNOGRAPHY WORKSHOP

**Target audience: Trainees in Neurology, Respiratory medicine, ENT and Neurotechnology.**

**Maximum limit-50 participants**

**Proposed date 12th November 2022 forenoon.**

## PROGRAM OVERVIEW

**Registration 9-9.30 pm**

	Topic	Time	Speaker
1	Introduction to sleep disorders	9.30-9.50 am	Prof Ashalatha R, Professor of Neurology,SCTIMST,TVM
2	Basics of polysomnography	9.50-10.10 am	Prof Thomas Iype, Head,Department of Neurology,MCH,TVM
3	Scoring sleep stages	10.10-10.30 am	Dr Sapna Erat Sreedharan, Additional Professor of Neurology,SCTIMST,TVM
4	Scoring respiratory events	10.30-10.50 am	Dr Ameer Ali, Senior Consultant Pulmonologist and Sleep specialist,KIMSHEALTH,TVM
5	Parasomnias	10.50-11.10 am	Dr Soumya V C, Consultant Neurologist and Epileptologist,Lourdes Hospital,EKM
6	Basics of PAP titration	11.10-11.30 am	Dr Ameer K A, Senior Consultant Pulmonologist and Sleep specialist,KIMSHEALTH,TVM
7	MSLT-technique and interpretation	11.30-11.50 am	Dr Rajit Pillai, Consultant Neurologist and Epileptologist, KIMSHEALTH,TVM
8	Generating a sleep study report-essentials	11.50-12.10 pm	Dr Sapna Erat Sreedharan, Additional Professor of Neurology,SCTIMST,TVM

**Hands on scoring training and lab visit**

**12.10-1.30 pm**

**LUNCH**

# **POLYSOMNOGRAPHY WORKSHOP**

**Organized by Comprehensive Centre for Sleep disorders, Department of Neurology,  
Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum.**

## **Registration form**

**Name :.....**

**Affiliation .....**

**Whether Student / Consultant .....**

**Address .....**

**.....**

**.....**

**Contact no:.....**

**Email ID :**

**Please whatsapp your filled registration forms to : Mr Ranjith, Medical Social Worker,  
Department of Neurology,  
Mobile no : 9497893457**