



UNIVERSITY OF OXFORD

MASTERCLASS IN SLEEP MEASUREMENT

**A two-day face-to-face practical course for
healthcare professionals and researchers**
by the Oxford Online Programme in Sleep Medicine

<https://bit.ly/SleepMeasurement>



UNIVERSITY OF
OXFORD

DAY 1

PROGRAMME

- Introduction to polysomnography (PSG) and polygraphy
- Introduction to international scoring guidelines (AASM V3.0)
- PSG head wiring (theory & practical)
- Filters & artefacts (theory & practical)
- Live scoring demo
- Sleep staging & scoring arousals (practical)
- Scoring breathing events & periodic limb movements (theory)
- Scoring breathing events & periodic limb movements (practical)
- Introduction to multiple sleep latency test (MSLT) and maintenance of wakefulness test (MWT)

DAY 2

PROGRAMME

- Reporting and interpreting PSG, polygraphy, MSLT & MWT
- Introduction to sleep diaries
- Introduction to actigraphy
- Scoring actigraphy, including non-parametric circadian rhythm analysis (practical)
- Reporting and interpreting actigraphy
- Wearables and alternative technologies
- Sleep measurement case studies

Coffee, lunch and a drinks reception are included in the registration fee.

Please note that accommodation is not provided.

This course does not confer a licence to practice.
You are expected to practice within the boundaries of your existing professional certification/registration.

OXFORD ONLINE PROGRAMME IN SLEEP MEDICINE

**For more information on the Oxford Online
Programme in Sleep Medicine,
including our 2-year part-time flexible online
MSc/PgDip Sleep Medicine programme,
please visit our website**

<https://bit.ly/OxfordSleepMedicine>

