



# Masterclass in Sleep Measurement

## Day 1 programme: 09:00 – 17:00

- 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)

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## Day 2 programme: 09:00 – 17:00

- 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