



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>***



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**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 and lunch on both days 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>***

