THE EGYPTIAN SLEEP SUMMIT

Second Egyptian SLEEP summit

18 September, 2024 | **PRINCESS FATIMA ACADEMY, CAIRO**

In Collaboration with

EGYPTIAN SLEEP SOCIETY ESS | ESF | ESCT



POLYSOMNOGRAPHY

HANDS-ON WORKSHOP

Course Director: Prof. MAHA YOUSIF

PURE SPOT EVENTS MANAGEMENT

Polysomnography (PSG) is the gold standard tool in various of sleep disorders not only in the diagnosis but in providing the basis of a comprehensive treatment strategy as well. Furthermore, the monitoring of sleep and the interpretation of sleep study findings are complex and require distinct skills especially in the neuro-respiratory aspects. The mastery of this technique is therefore essential for all health professionals who are involved in the management of any patient with a sleep complaint.

This workshop will provide opportunities to understand how a PSG study through a patient hookup demonstration as performed as well as sleep stage and respiratory scoring based on latest American Academy of Sleep Medicine (AASM) guidelines through didactic examples to be scored by trainee. Lastly interpretation of a sleep report with hands-on interpretation examples (each trainee will receive his training materials before the beginning of the workshop).

INTENDED AUDIENCE:

Clinicians and post-graduate students in Neurology, Chest, Psychiatry, ENT, Physiology, and Internal Medicine

BY THE END OF THIS WORKSHOP THE AUDIENCE WILL BE ABLE TO:

1- List indications of PSG
2- Describe the appropriate patient hookup technique of various PSG electrodes and sensors
3- Score various sleep stages and respiratory sleep events according to latest AASM rules
4- Understand and Interpret a sleep report

WORKSHOP SCHEDULE
(3-HOUR WORKSHOP)

Polysomnographic technique: an overview



Prof. Lucy Soliman
Prof. of Chest Diseases, Mansoura University

Polysomnography hook up (Live Demo)



Prof. Lucy Soliman
Prof. of Chest Diseases, Mansoura University

Scoring Sleep Stages



Prof. Maha Yousif
Prof. of Chest Diseases, Menoufia University

Scoring respiratory events during polysomnography



Prof. Safy Kaddah
Prof. of Chest Diseases, Cairo University

Polysomnographic scoring: hands on



Prof. Nesreen Elsayed Morsy
Prof. of Chest Diseases, Mansoura University

Sleep report interpretation



Prof. Iman Galal
Prof. of Chest Diseases, Ain Shams University