



Curriculum

FNB Fellowship

2025



SLEEP MEDICINE

- ◆ Introduction
- ◆ Objectives of the Programme
- ◆ Teaching and Training Activities
- ◆ Syllabus
- ◆ Log Book
- ◆ Recommended Textbooks and Journals



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1. INTRODUCTION

Sleep medicine is a rapidly growing specialty in the medical domain and the recent years have witnessed an exponential growth with regards to diagnosis and management of various sleep disorders. With increasing prevalence of sleep disorders and its deleterious effects on the quality of life of the patients, knowledge pertaining to sleep disorders, its associations and effective management has become indispensable.

In many countries like USA, UK and Europe a postgraduate degree in medicine or pulmonary medicine or neurology is followed by specialty fellowship training in sleep medicine. In India, currently sleep medicine is practiced mostly by a physician who has a degree in pulmonary medicine. In general, sleep related breathing disorders represents 5-10% of the total pulmonology caseload; insomnia co-presents in 10%, and parasomnias and other sleep disorders are extremely rare. Therefore, the individual experience of a pulmonologist with sleep medicine is limited, except for a few highly qualified specialists. It has been seen that the sleep disorders document an ever increasing trend due to the increased awareness, morbidity and mortality risks that they carry especially in cases with comorbidities. Thus, it is imperative that training programs in sleep medicine be initiated in India.

2. OBJECTIVES OF THE PROGRAMME

The Sleep Medicine Fellow will develop thorough knowledge and sound judgment in the diagnosis, treatment and prevention of all sleep disorders

The Sleep Medicine Fellow will become competent with the technical skills necessary for the performance and interpretation of the diagnostic and treatment procedures used in sleep medicine.

The Sleep Medicine Fellow will develop the needed skills to perform good quality clinical research in Sleep Disorders



The Sleep Fellow will learn the skills needed to run and manage a sleep disorders center.

3. TEACHING AND TRAINING ACTIVITIES

- **Training**

Area of rotation	Total duration of rotation (months)	1st year	2nd year
Pulmonary Medicine and sleep clinics	15 months	7 months	8 months
Psychiatry	2 months	1 month	1 month
Neurology	2 months	1 month	1 month
Respiratory ICU	2 months	1 month	1 month
ENT OPD and Endocrine OPD	2 months	1 month (15 days in each OPD)	1 month (15 days in each OPD)
Emergency Room	1 month	1 month	
Total	24 months	12 months	12 months

***Rotation in the above areas will include duties in Respiratory medicine clinic and sleep clinic and respective speciality OPD**



- **Teaching/Academic Activities** (moderated by core faculty)

The Fellow will be directly mentored by course director and the responsibility of the course exposure lies entirely with the hospital and the course director.



The academic program should include the following:

- 1) Journal Club & critical appraisal: This would be a weekly academic exercise. Candidate will be expected to select articles for presentation from reputed sleep journals and discuss their suitability for presentation with the moderator.
- 2) Faculty Lecture
- 3) Case presentations (List of suggested cases)

Long Cases	Short Cases
1) Obstructive Sleep Apnea syndrome 2) Obesity hypoventilation syndrome 3) Overlap Syndrome 4) Insomnia 5) Pediatric OSA 6) Narcolepsy 7) Restless leg syndrome 8) Periodic limb movement disorder	1) Parasomnia 2) Idiopathic hypersomnia 3) Sleep related Bruxism 4) Circadian rhythm sleep wake disorders 5) Substance/medication induced sleep disorders 6) Sleep disorders associated with neurological diseases 7) Chyne Stoke respiration

- 4) Seminars
- 5) At least 3-4 lectures to be given by dentists / surgeons specializing in sleep medicine related prosthetics and surgeries
- 6) At least 3-4 lectures by anesthetists about pre-op assessment, peri-operative care including the preferred anaesthetic use and post-operative care of sleep apnea patients undergoing surgery
- 7) Audit of the cases which were assessed for sleep disorders will be



presented per month and critical events during this period discussed.

- 8) Poster/Paper presentation in national/international conference – at least 1 per year during the course.
- 9) Attendance in one National/ International Sleep Conference per year is mandatory. Representation in more than 1 educational activity will be encouraged.
- 10)** The student would be required to present at least 12 case discussions and 12 symposia at his/her department per year during the course.
- 11) Attendance in one National/ International Sleep Conference per year is mandatory. Representation in more than 1 educational activity will be encouraged.
- 12)** The student would be required to present at least 12 case discussions and 12 symposia at his/her department per year during the course.

4. SYLLABUS

- a) Pulmonary medicine: Pulmonary physiology, lung mechanics, pulmonary pathology and common respiratory diseases.
- b) Neurology: Basic principles, neuroanatomy, neurophysiology with respect to sleep wake generators and neurotransmitter functions along with neurology clinics with relevance to sleep disorders.
- c) Otolaryngorhinology: Anatomical/physiological aspects of Nose/Oropharynx in relation to sleep disorders.
- d) Psychiatry: Physiological basis of sleep and management of sleep problems secondary to Psychological disorders.
- e) Orientation and Interpretation of Polysomnogram
- f) Sleep focused history and physical examination
- g) Various sleep disorders and relevant differential diagnosis
- h) Introduction to Sleep Medicine Research

5. LOG BOOK

The student will maintain a “log book” of all the cases and procedures done. The student will also keep a record of seminars, journal clubs, and clinical meetings attended by him in the logbook.

- i. Entry of all sleep medicine cases (routine and emergency)
- ii. The entry in the logbook should include: name, age, gender, diagnosis and sleep study reports should be detailed along with the treatment provided.

6. RECOMMENDED TEXTBOOKS AND JOURNALS

Suggested Reading and References: It is important to be familiar with the following resources:

- AASM Scoring guidelines 2007.

- Principles of sleep medicine 3rd Edition Kryger, Roth and Dement.
- American Academy of Sleep Medicine, International classification of sleep disorders: Diagnostic and coding manual 2nd edition Ed: Westchester. IL: American Academy of Sleep Medicine, 2014.
- American Board of Sleep Medicine. (Available from <http://www.absm.org/>)
- Common Program requirements: Sleep medicine. American Academy of Sleep Medicine (ACGME 2020); <http://www.aasmnet.org>.
- American Academy of Sleep Medicine Accreditation Committee, Standards for accreditation of a sleep disorders center. November 2016; revised edition. Rochester, MN: American Academy of Sleep Medicine, 2016; <http://www.aasmnet.org>.
- Sleep Medicine Resources for Medical Students, Residents & Fellows: <https://aasm.org/professional-development/choose-sleep/helpful-resources/>
- Clinical Guidelines: <https://aasm.org/clinical-resources/practice-standards/practice-guidelines/>
- Sleep Medicine Webinars. <https://aasm.org/professional-development/choose-sleep/webinars/>

Key journals with basic and clinical research emphasis in sleep medicine are listed below.

- Sleep: <http://www.journalsleep.org/>
- Journal of Clinical Sleep Medicine: <http://www.aasmnet.org/JCSM/>
- Sleep Medicine: <http://www.sciencedirect.com/science/journal/13899457>
- Sleep Medicine Clinics: <http://www.sleep.theclinics.com/>
- Sleep Medicine Reviews: <http://www.sciencedirect.com/science/journal/10870792>
- Journal of Sleep Research: <http://www.wiley.com/bw/journal.asp?ref=0962-1105>
- Handbook of Clinical Neurology: volumes 98 and 99, pages 2-1179, 2011, are dedicated to sleep: <http://www.sciencedirect.com/science/book/9780444520074>

- Seminars in Neurology: issues in 2004 (issue 4), 2005 (issue 1) and 2009 (issue 4) are dedicated to sleep medicine: <https://www.thieme-connect.de/ejournals/home.html>
- Chest (dedicated sleep section in most issues):<http://www.chestjournal.org>
- American Journal of Respiratory and Critical Care Medicine (dedicated sleep section in most issues):<http://intl-ajrccm.atsjournals.org>
- Indian Journal of Sleep Medicine: <https://www.ijsm.in/journalDetails/IJSM>



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