



10th Sleep Medicine & Polysomnography Course

1-2 September 2023 | Galleria Hotel, Jeddah

Target Audience

Respiratory fellows, Physicians,
Technicians, Nurses and Respiratory
Therapists interested in the field of
Sleep Medicine

Objectives

At the end of this course;
Participants should know how to set up,
score and interpret common sleep
studies as well as mastering how to deal
with positive airway pressure devices

Accreditation

This course has been approved by:
Saudi Commission for Health Specialties
for 7 CME hours

Welcome Note

Dear colleagues,

Welcome to the 10th Sleep Medicine & Polysomnography Course, conducted by the Sleep Medicine & Research Center, King Abdul-Aziz University Hospital, under the umbrella of Saudi Society of Internal Medicine. This one of a kind event in the region will run over a period of two consecutive days.

Over the years, the field of Sleep Medicine had undergone an enormous expansion in clinical and basic knowledge, as well as in the field-related technology. Sleep disorders are becoming more recognized, and their detrimental effects on health and society are clearly established. The intention of the 10th Sleep Medicine & Polysomnography Course is to function as a forum to educate, alert, share and compare experiences, in order to outline both appropriate detection and treatment. With both technical and medical teams comprising the scientific committee, this would surely facilitate the delivery of a clearer picture of sleep disorders.

The 10th Sleep Medicine & Polysomnography Course is characterized this year by hosting a pediatric sleep physician and adding 2 sessions on pediatric and adolescents sleep disorders. This course is intended for physicians and healthcare professionals (technicians, nurses and respiratory therapist) interested in technical and clinical aspects of sleep Medicine. In this course, we aim to reach the ultimate state-of-the-art technical skills level, and providing clinicians with conclusive recommendations and reliable solutions, all based on current paramount significance. By the end of the course, the participant should be able to familiar with:

- The clinical aspects of normal human sleep.
- The preparation of patient and equipment for sleep monitoring.
- Sleep stage scoring and abnormal events recorded on the polysomnogram.
- The symptomatology of obstructive sleep apnea and management.
- The positive airway pressure devices; titration, indications and challenges.
- The different types of sleep studies.
- Common pediatric and adolescents sleep disorders.

This course has been accredited by the Saudi Commission for Health Specialties for 7 Continuous Medical Educational hours.

We would like to take this opportunity to thank all delegates, speakers and volunteers for joining our 10th Sleep Medicine & Polysomnography Course and looking forward to this exciting scientific event at Galleria Hotel, Jeddah.

Sincerely,

Course Director



Ranya Alshumrani, MD

Faculty Roster



Mr. Ahmed Mohammed
Course Coordinator
Sleep Medicine & Research Center
King Abdulaziz University Hospital, Jeddah



Mrs. Dalia Alqaidi
Sleep Technologist
Sleep Medicine & Research Center
King Abdulaziz University Hospital, Jeddah



Dr. Faris Alhejaili
Associate Professor of Medicine
Pulmonary and Sleep Medicine Consultant
Head of Respiratory Division
King Abdulaziz University Hospital, Jeddah



Ms. Feryal Alamri
Sleep Technologist
King Abdulaziz Medical City



Mrs. Loida Assi
Sleep Technologist
Sleep Medicine & Research Center
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Dr. Mazen Homoud
Assistant Professor
Respiratory Therapy Department
King Abdulaziz University Hospital, Jeddah



Mrs. Raina Abdullah
Sleep Technologist
Sleep Medicine & Research Center
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Dr. Ranya Alshumrani
Assistant Professor of Pediatric Medicine
Consultant Pediatric Pulmonologist and
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Mrs. Rose Anne
Sleep Technologist
Sleep Medicine & Research Center
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Ms. Rozanith Damasco
Sleep Technologist
Sleep Medicine & Research Center
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Prof. Siraj Wali
Professor of Medicine
Consultant Pulmonologist and Sleep Physician
Director of Sleep Medicine and Research center
King Abdulaziz University Hospital, Jeddah



Dr. Sultan Qanash
Consultant in Pulmonary & Sleep Medicine
Director of Sleep Disorders Center
King Abdulaziz Medical City
National Guard Health Affairs, Jeddah



Dr. Wail Alamoudi
Assistant Professor of Medicine
Sleep, Internal Medicine Consultant
King Abdulaziz University - Rabigh Branch
Sleep Medicine and Research Center
King Abdulaziz University Hospital, Jeddah



Dr. Wail Yar
Assistant Professor
Family, Preventive and Sleep Medicine Consultant
King Abdulaziz University Hospital, Jeddah

A G E N D A

Friday

1st of September 2023

Time	Topic	Speaker
08:30 - 09:00	Registration	
09:00 - 09:10	Welcome Note	Siraj Wali
09:10 - 09:30	P R E T E S T	
09:30 - 10:00	Obstructive Sleep Apnea An Overview and Complications	Faris Alhejaili
10:00 - 10:20	Laboratory vs Home Sleep Apnea Test (HSAT)	Wail Alamoudi
10:20 - 10:40	Introduction to the International 10-20 System	Raina Abdulla
10:40 - 11:00	Electrode Placement System (WORKSHOP)	Rozanith Damasco
11:00 - 11:15	B R E A K	
11:15 - 11:35	Polysomnographic Scoring (Staging/Arousals)	Rozanith Damasco
11:35 - 12:10	Scoring of Sleep Stages (WORKSHOP)	Dalia Alqaidi
12:10 - 14:00	P R A Y E R & L U N C H B R E A K	
14:00 - 14:20	Polysomnographic Scoring (Respiratory/LM)	Raina Abdulla
14:20 - 15:05	Respiratory/Leg Movements Scoring (WORKSHOP)	Dalia Alqaidi
15:05 - 15:25	B R E A K	
15:25 - 16:25	Polysomnographic Recording: Hook-up to Monitoring "Live"	

Session 1:
Introduction to in Laboratory Sleep Testing

Session 2:
Polysomnography Sleep Staging/Arousals

Session 3:
PSG Respiratory /Leg Movements
Scoring

A G E N D A

| Saturday | 2nd of September 2023

Time	Topic	Speaker
09:00 - 09:20	PAP Therapy Titration Rules and Guidelines	Rozanith Damasco
09:20 - 09:40	PAP Troubleshooting and Download Interpretation	Wail Yar
09:40 - 10:00	The Rule of Auto Scoring: Where Do We Stand?	Sultan Qanash
10:00 - 10:20	PSG: Artifacts	Rozanith Damasco
10:20 - 10:40	Amplifiers and Filters	Mazen Homoud
10:40 - 11:00	B R E A K	
11:00 - 11:20	Multiple Sleep Latency Test & Maintenance of Wakefulness Test	Dalia Aqaidi
11:20 - 11:40	Multiple Sleep Latency Test (WORKSHOP)	Dalia Aqaidi
11:40 - 12:30	Polysomnographic Records Overview	Rozanith Damasco
12:30 - 13:30	L U N C H & G R O U P P I C T U R E	
13:30 - 14:30	Sleep Medicine Board Review for Fellows	Ranya Alshumrani
14:30 - 14:45	B R E A K	
14:45 - 15:15	P O S T T E S T	

Session 4:
PAP Therapy

Session 5
The Art of PSG

Session 6:
Putting it All Together

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