

International Master in Sleep Medicine

A postgraduate master on sleep-wake-circadian physiology, consciousness and related disorders

The International Master in Sleep Medicine – in collaboration with the University of Bern and the Università della Svizzera italiana as well as 13 international partner Universities - offers a unique postgraduate program, which provide advanced medical and scientific insights into sleep physiology, chronobiology and sleep medicine.

We spend about one third of our lives asleep. Restful sleep is vital for the recovery of mind and body and for repair processes in the brain and in various organs to take place. Worldwide over 30 percent of the population suffer from occasional sleep-wake disorders, 10 to 20 percent from chronically disturbed sleep. Despite the large body of research that has been conducted over the past 60 years, the reason why humans sleep remains a mystery.

The Department of Neurology and the Sleep-Wake-Epilepsy Center (SWEZ) at the Inselspital University Hospital Bern as well as at the Neurocentro della Svizzera italiana have long history in sleep research and sleep medicine. The "MAS in Sleep Medicine" has been set up to ensure the continuity of excellent research in the future by educating and fostering the new generation of sleep scientists and clinicians. During the program, the students will acquire an expertise in scientific as well as clinical aspects of sleep medicine.

The program is structured in three parts:

Basic Knowledge (14 ECTS Points)

The first part of the program provides basic tools, skills and competences to understand sleep physiology, diagnosis and treatments of sleep and consciousness disorders. The program covers a wide range of topics such as the regulation and function of sleep, sleep research methods as well as first looks at clinical topics like insomnia, hypersomnia, parasomnia and other disorders.

Advanced Knowledge (15 ECTS Points)

The second part of the program allows the students to deepen their knowledge while also offering a holistic look into further clinical topics as well as disorders of consciousness. The modules also provide in-depth theoretical and practical insights into sleep scoring in a self-study mode.

Specialization (31 ECTS Points)

Building up on the previous lectures, these modules of the MAS offer more specific learning contents based on the students personal preferences. In addition, each participant will be able to gain international working experience by completing a two to four weeks internship in one of our partner labs around the world.

Eligibility is open to applicants with a background in medicine, psychology, neuropsychology, biology, natural science and engineering. Since 2018 about 25 participants from 8 countries completed the study program. Their educational backgrounds include medicine as well as psychology and neuroscience.

The program is under the patronage of the European Sleep Research Society (ESRS), the European Academy of Neurology (EAN), the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC), the German Society of sleep Research and Medicine (DGSM) and the German Society of Pneumology (DGP). The MAS is generously sponsored by the European Sleep Foundation.

Further Information: Academy of Sleep and Consciousness ASC - www.asc.unibe.ch

In collaboration with: