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Enhance Your Expertise in Sleep Medicine with Our Comprehensive Crash Course

- Launched in 2023, the Sleep Medicine Crash Course offers a focused, high-impact learning experience. Designed as a standalone module, this course features a series of online lectures that rapidly deepen your understanding of sleep medicine.
- Aligned with global standards for sleep examinations, it serves as an ideal preparatory resource for those planning to take a sleep certification exam.

This self-paced program includes over 40 pre-recorded lectures from the Master of Advanced Studies in Sleep Medicine, complemented by 5 live online Q&A sessions hosted via Zoom. These sessions, led by esteemed experts in sleep medicine, ensure an enriching and interactive learning experience.

- Enhance your knowledge of sleep medicine at your own pace, guided by leading experts in the field.



The program, eligibility and participation fee can be found on our website:
www.asc.unibe.ch/crash_course_in_sleep_medicine/

Flexible Start Dates

CRASH COURSE IN SLEEP MEDICINE

Online lectures in sleep-wake-circadian physiology,
consciousness and related disorders

In collaboration with:

 **INSELSPITAL**
UNIVERSITÄTSSPITAL BERN
BERN UNIVERSITY HOSPITAL


Ente Ospedaliero Cantonale

 **ESF**
European Sleep Foundation
Fondazione Europea Sonno

Pre-Recorded Lectures

Categories	Lectures*	Speakers
Sleep Medicine Overview	Sleep-wake cycle, consciousness and their disorders: an introduction	Claudio Bassetti
Basic	Sleep and immune system	Mink Schinkelshoek
	Neuronal circuits of sleep, wake states and sleep function	Antoine Adamantidis
Central Disorders of Hypersomnolence	Primary central disorders of hypersomnolence I	Claudio Bassetti
	Primary central disorders of hypersomnolence II	Claudio Bassetti
	Primary CNS hypersomnolence disorders / clinical features and diagnosis	Claudio Bassetti
	Narcolepsy – orexin dysfunction	Yves Dauvilliers
	Kleine Levin Syndrome	Yves Dauvilliers
	Introduction into hypersomnolence disorders	Rolf Fronczek
	Hypersomnolence in neurological disorders	Claudio Bassetti
Chronobiology	Driving in hypersomnolence disorders	Gert Jan Lammers
	Circadian rhythm sleep-wake discorders	Corrado Garbazza
	Chronotherapies for affective and sleep disorders	Christian Cajochen
	Effects of Covid-19 on human sleep and chronobiology	Christine Blume
	Sleep and atheletic performance	Albrecht Vorster
	Circadian rhythm disorders	Mauro Manconi
	The role of the circadian system in child and adolescent mental health	Leila Tarokh
Clinical Assessment	How is vigilance assessed?	Ramin Khatami
	How is sleep assessed?	Luigi Ferini-Strambi
Insomnia	Insomnia: the basics	Dieter Riemann
	Keynote lecture: Sleep, insomnia and depression	Dieter Riemann
	Cognitive behavioral therapy and insomnia: nuts and bolts	Dieter Riemann
Parasomnia	Risk and predictors of dementia and parkinsonism in idiopathic REM sleep behaviour disorders	Alex Iranzo
	Parasomnias and state dissociations	Lino Nobili
Pediatric	Pediatric sleep disorders	Oliviero Bruni
	Pediatric restless sleep	Oliviero Bruni

Scoring	Objective measurements of sleep in the sleep laboratory	Fabio Pizza
	Introduction of sleep scoring	Anna Castelnuovo
	Sleep scoring of motor events	Mauro Manconi
	Sleep scoring or respiratory events	Markus Schmidt
	Practical scoring exercitation - MWT / MLST scoring	Fabio Pizza
Sleep and Neurology	Sleep disorders and parkinson disease	Luigi Ferini-Strambi
	Sleep related hypermotor epilepsy (SHE) and different diagnosis with disorders of arousal (DOA)	Paola Proserpio
	Sleep and cognition	Manuel Schabus
Sleep Related Breathing Disorders	OSA treatment: options and complications	Raphaël Heinzer
	Definition of respiratory events and breathing related sleep events	Oana Deleanu
	Symptoms, diagnosis and grading of obstructive sleep apnea: limitations and perspectives	Raphaël Heinzer
	RBD	Panagiotis Bargiotas
	More than Snoring: SBD in respiratory and neuromuscular disorders	Dries Testelmans
	Pathophysiology, clinical implications and treatment approach of central sleep apnea	Winfried Randerath
Sleep Related Movement Disorders	Sleep-related movement disorders	Anna Heidbreder
	RLS/PLMS: clinical aspects and treatment	Mauro Manconi
	Restless legs syndrom	Federica Provini
	Periodic limb movements and other motor events	Mauro Manconi

*Lectures are subject to change and are updated regularly

Online Live Sessions

Date	Sessions	Speakers
18 August 2025 2:00-3:00 pm	Insomnia	Dieter Riemann
19 August 2025 2:00-3:00 pm	Breathing disorders	Winfried Randerath
20 August 2025 2:00-3:00 pm	Movement disorders	Panagiotis Bargiotas
21 August 2025 2:00-3:00 pm	Physiology, chronobiology and sleep scoring	Markus Schmidt, Antoine Adamantidis
22 August 2025 2:00-3:00 pm	Hypersomnia and driving	Markus Schmidt