

## **Translational Sleep Medicine 2018**

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3/31 Saturday

10:00-11:45 Introduction to sleep medicine – How I establish a sleep center in a teaching hospital

4/2 Monday

9:00-10:00 Workshop – Sleep EEG analysis

10:00-11:00 Introduction to commonly seen sleep disorders

11:00-12:00 Workshop – non-invasive measure of sleep breathing

Lunch break

1:30-2:30 Introduction to sleep polysomnographic (PSG) recording

2:30-3:30 Workshop – how to read a PSG report

4/9 Monday

9:00-10:00 Measuring autonomic sleep stability

10:00-11:00 Workshop – how electrocardiogram can measure sleep quality

11:00-12:00 Role of mood and anxiety in sleep

Lunch break

1:30-2:30 Workshop – non-invasive measures of mood, anxiety, and sleep behavior.

2:30-3:30 Artificial intelligence in sleep medicine

3:30-4:30 Workshop – tools in artificial intelligence