

# 2024-2025



## Diplomate Program Syllabus International Academy of Sleep

### April 11th

Live Retreat

- Case presentations
- Treatment options for patients
- Review of Basics of Sleep
- What really happens in a Sleep Lab
- Questions

### May 16th

Zoom

- Review for exam
- Case Presentations

### June 21st

Zoom

- Medical Billing
- Hematology
- Hepatology

### July 18th

Live Retreat

## Deep Dive into Sleep

- Introduction and Welcome
- Charting and forms
- Sleep Pathophysiology
- Exam for Prev.Year's Program
- Sleep Disordered Breathing
- Anatomy of the Airway - VIDEO
- Screening , Testing, Treating

### August 16th

Zoom

- Intro to Neurology- neurotransmitters
- OSA in Neurologic Disorders
- Pharmacology of Sleep
- Parasomnias – PLM's causing arousals
- OSA in Pain and Opioids
- Sleep and Dreaming- Hypnagogia

\*Zoom topics per date can change based on availability of speakers

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## Diplomate Program Syllabus International Academy of Sleep

### September 20th

Zoom

- Effects of OSA on Employers, Business and Society
- Understanding Sleep Studies
- PSG vs HST
- CPAP vs Oral appliances
- RERA's, UARS how to treat
- ENT's role in Sleep Disordered Breathing and surgical options/DICE video

### October 24th

Live Retreat

### Retreat Sleep Con

- Deep Dive into Facial Exam
- TMD and Anatomy - VIDEO
- Headaches vs Facial Pain - How to Approach
- Narcolepsy
- Treatment of Appliance Pain and Issues

### November 15th

Zoom

- Sleep in Pediatrics
- Ortho treatments for OSA
- Buteyko Breathing Exercise
- Schwartz Analysis

### December

### No Meeting, Enjoy your Holiday

### January

Live Retreat

- Deep Dive into Appliances
- Sleep Exam in Detail
- How to take a George Gage Bite
- Titration Protocol
- How to help patients with treatment
- How to use your team wisely

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## Diplomate Program Syllabus International Academy of Sleep

### February 21st

Zoom

- Endocrinology
- Diabetes
- Hypothyroid
- Bariatrics
- Rheumatology

### March 21st

Zoom

- Difference between Venus and Mars
- Ob/Gyn
- Urology
- Nephrology and Chronic Kidney disease
- Nocturia
- Low T

### April

Live Retreat

- Circadian Rhythms
- Treatment options for patients
- Review of Basics of Sleep
- What really happens in a Sleep Lab
- Questions

### May 16th

Zoom

- Cardiology
- Inflammation and OSA
- Medical Billing
- Pharmacology in Sleep
- Case Presentations

### June 20th

Zoom

- Hematology
- Hepatology
- Review for exam

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