

# Sample: Diplomate Program Syllabus

## 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

## February

Zoom

- Circadian Rhythms
- Endocrinology
- Diabetes
- Hypothyroid
- Bariatrics
- Rheumatology

## March

Zoom

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

## April

Live Retreat

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

## May

Zoom

- Review for exam
- Case Presentations

## June

Zoom

- Medical Billing
- Hematology
- Hepatology

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

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## July

Zoom

- 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

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

## September

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

## October

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

Zoom

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

## December

### No Meeting, Enjoy your Holiday

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