

**1HDC03**

**TIME: 09:00 – 12:15**

**COURSE TITLE: SLEEP I**

**CREDIT: 2 CREDITS**

**1-RECOMMENDED FOR: NEUROLOGY RESIDENTS AND SPECIALISTS, ACADEMICS**

**2-OBJECTIVE OF THE COURSE:**

In the first session of the Half-Day Sleep Course numbered 1YGK03, practical scoring course will be delivered. First, scoring of sleep and sleep-related events will be introduced mainly through practical training with practical examples based on theory and active involvement of participants as well as Q&A. At this stage, the target group includes especially neurology residents and neurologists.

In the second session of the course, development of sleep, its importance and mechanism of dreams and their importance will be discussed in the light of the current literature. The objective of this session is to discuss the current data that will attract neurology residents and specialists as well as academics.

**3-WHAT WILL BE THE LEARNING OUTCOMES THAT THE PARTICIPANTS WILL ACQUIRE AT THE END OF THE COURSE?**

As partly discussed above, the objective of the first session of this course, is to enable the participating physicians to improve the knowledge and insights regarding the scoring of sleep and associated events.

The objective of the second session is to enable them to acquire information about the developmental characteristics of sleep, its importance for survival, mechanisms of dreams and their importance for a neurologist as regards especially cognition.

**4-PARTICIPANTS ARE EXPECTED TO: LISTEN, SHARE THEIR EXPERIENCES, PARTICIPATE IN PRACTICES, GET ACTIVELY INVOLVED IN DISCUSSIONS**

**5-COURSE PROGRAM**

**Session Title: Hands-on Scoring Course**

**Moderator:**

Murat Aksu (Acıbadem University Faculty of Medicine, Neurology Dpt.)

**Speakers and Topics:**

- Hands-on Sleep Scoring on Polysomnography, Multi-channel EEG and Depth signals  
Deniz Tuncel  
(Kahramanmaraş Sütçü İmam University Faculty of Medicine, Neurology Dpt.)
- Hands-on Respiratory, Heart and Movement Scoring in Long-Term Monitoring  
Sevda İsmailoğulları  
(Erciyes University Faculty of Medicine, Neurology Dpt.)

**BREAK (15 Minutes)**

**Session Title: Development and Importance of Sleep**

**Speakers and Topics:**

- What do Our Genes Tell Us? Is the Circadian Rhythm a Message about the Evolution?  
Murat Aksu  
(Acıbadem University Faculty of Medicine, Neurology Dpt.)

- What do Our Dreams Tell Us? Are they Traces from the Past? Or a Message from the Future?  
Barış Baklan  
(Dokuz Eylül University Faculty of Medicine, Neurology Dpt.)

- Discussion