

**Study programme :****Day 1 - Elements of psychophysiology and sleep exploration** (Erasmus Campus)

- Psychophysiology of normal sleep
- Circadian and homeostatic regulation of sleep
- Exploration of sleep and vigilance
- Recording and processing of the EEG signal
- EEG and EEG during sleep
- AASM sleep rating criteria

Presenters : Myriam Kerkhofs, Mathieu Hein, Laetitia Beaudeau, Robert Poirier et Geneviève Turci.

**Day 2 - Respiratory aspects of sleep-related pathologies - Part 1** (Clinique Saint-Luc)

- Respiratory aspects of PSG
- Physiopathologies of sleep-related respiratory diseases

Presenters : Pierre Delguste, Myriam Dury, S. François, Gisèle Maury, Benny Mwenge, Guiseppe Liistro et D. Tieselmanns.

**Day 3 - Non-respiratory sleep disorders** (Erasmus Campus)

- Insomnia
- Narcolepsy
- Circadian rhythms and their disorders
- Parasomnia
- Motor disorders related to sleep
- Epilepsy and sleep

Presenters : Myriam Kerkhofs, Mathieu Hein, Laetitia Beaudeau, Robert Poirier et Stéphane Noël.

**Day 4 ; Respiratory aspects of sleep-related pathologies ; Part 2**(Saint-Luc clinics)

- Treatments (CPAP, nIPPV, ENT, Stomato, ç)
- Methods of implementation and long-term monitoring (CPAP, nIPPV)
- Conventions (CPAP, mechanical ventilation)

Presenters : Jef Broers, Pierre Delguste, Jean-Luc Pirlot, Benny Mwenge.