

**Block view of the study programme**

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**Block 1**

**Information**

ULB - Centre de Formation continue domaine Santé  
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**Presentation**

The aims of the training programme are as follows :

- to acquire an in-depth understanding of the phenomenon of sleep, its neurological substrate, its evolution with age, its determinants and characteristics
- to understand the symptoms when sleep is disrupted, deteriorates or is the cause of a health problem
- to understand the repercussions of somatic or psychiatric conditions on sleep
- to learn more about the existing therapeutic approaches to sleep disorders
- to acquire practical skills in order to perform, interpret and analyse sleep tests
- to treat patients with sleep problems.

**Conditions of access**

This training is available to

- general practitioners or specialists
- psychologists
- physiotherapists
- engineers
- holders of a science master's degree

**Duration**

This is a two-year programme. It will include theory classes, organised over eight Saturdays, and a practical part. The practical training includes a technical part (work in a sleep laboratory) and consultations concerning sleep disorders. Placements for a total of 200 h are organised over the two years.

Training total: 25 ECTS

**Registration fee**

- For doctors: 1795 #
- For technicians and other participants: 995 #

**Collegiality**

Coordinators : Pierre Maquet, Paul Linkowski and Daniel Rodenstein

- Theory (8 days)
- Practical training - technical part
- Placements (200h Pr)

**Assessment**

The certificate is validated by an exam and a training report

**Compulsory courses**

HULG2235-1 <i>Theoretical and practical teaching</i> - <i>Theoretical teaching</i> - COLLÉGIALITÉ - <i>Practical teaching</i> - COLLÉGIALITÉ	TA - - - - - -	<b>25</b>
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