

# Postgraduate Diploma

## Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults





## Postgraduate Diploma Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-insomnia-circadian-rhythm-disturbances-hypersomnias-adults](http://www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-insomnia-circadian-rhythm-disturbances-hypersomnias-adults)

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# 01

# Introduction

The understanding of normal sleep, its significant roles and its mechanisms of production is a fundamental preliminary aspect for anyone interested in Sleep Medicine, and is addressed in a rigorous and comprehensive manner in this intensive program.

A unique opportunity to specialize with the best professionals in the field in a high-level and highly scientifically rigorous training.





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*The new developments in Sleep Medicine push us to offer new update programs that meet the real needs of experienced professionals, so that they can incorporate current advances into their daily practice”*

There is an increasing multidisciplinary interest in Sleep Medicine, a rapidly growing discipline. Whether approached from a global point of view or from "partial specialisation" depending on the original field of medicine or specific area of interest, it is always vital to have rigorous and up-to-date generic knowledge in all areas. This Postgraduate Diploma more than fulfills this objective from an eminently practical point of view. Its approach sets it apart from many other courses on this very transverse discipline, which are often criticised for being too "descriptive" and "theoretical", and therefore not entirely useful in resolving many situations that arise in clinical management.

With the clear objective of combining scientific evidence and practical utility, Postgraduate Diploma in Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults has a broad, up to date and unbeatable program prepared by a varied team of professional experts (doctors, psychologists, biologists, engineers...), who bring their proven experience in the form of explanations and practical examples that are both entertaining and clarifying, as well as abundant graphic and audiovisual support, which is absolutely essential in the teaching of this thriving discipline.

In addition, this Postgraduate Diploma has the advantage of being developed in a 100% online format, so students will be in charge of deciding when and where to study, distributing their study hours autonomously, so that they can combine their training time with the rest of their daily obligations.

This **Postgraduate Diploma in Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults** contains the most complete and up to date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Sleep Medicine
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ The latest advances in safety and Sleep Medicine
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Emphasis on innovative methodologies in Sleep Medicine
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Accessible from any fixed or portable device, with internet connection



*We offer you a complete Postgraduate Diploma for you to develop in the field of Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults. Think no more and enrol with us"*

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*This Postgraduate Diploma is the best investment you can make in selecting a refresher program to update your knowledge in Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this program, in addition to renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*We offer you an interactive video system that will make it easier for you to study this Postgraduate Diploma.*

*Our 100% online training and our original educational methodology allow you to combine your studies with your other daily commitments.*



02

# Objectives

The main objective of the programme is the development of theoretical and practical learning, so that the doctor is able to master the latest techniques in the field in a practical and rigorous manner.







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*Our main objective is to help our students to achieve academic and professional excellence”*



## General Objective

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- Manage and/or update the knowledge and competences necessary for the appropriate practice of Sleep Medicine at a comprehensive level, from both clinical and instrumental perspectives



*Train yourself for success with the help of this Postgraduate Diploma with which you will learn to develop yourself in the field of Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults"*





## Specific Objectives

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- ♦ To develop a deep understanding of normal sleep, its structure, functions and its evolution throughout the different stages of life. Understand the mechanisms involved at the psychobiological and neurophysiological levels from a practical perspective
- ♦ Handle the necessary fundamentals on the chronobiological factors involved in the regulation of wake-sleep cycles, as well as on the evolution of the circadian system throughout life, aspects of great importance in sleep medicine, which the student will learn and understand in this module
- ♦ Gain an in-depth understanding of the meaning and the latest developments on the provocative factors in the field of the still little known and poorly understood dream activity from a scientific evidence-based perspective
- ♦ Have clear and up to date knowledge of the not infrequent problems of drugs commonly used in prevalent medical problems that modify sleep-wakefulness
- ♦ To familiarise yourself with appropriate training in the accurate and structured conduct of clinical history taking and initial orientation of the diagnostic process
- ♦ Gain a comprehensive overview of the problems of insomnia in the adult population, its different types, as well as understanding the importance and significance of the disorder and the need for its treatment, given its prevalence in the sleep clinic
- ♦ Manage the necessary knowledge to make a diagnosis that allows, among the different options, to select the most appropriate treatment for each case, often mixed and multidisciplinary
- ♦ Be able to know in depth the different non-pharmacological treatments, with the different elements that compose them, mainly the so-called cognitive-behavioral techniques. The student will learn to interpret these reports and learn about their different tools, clarifying their indications and usefulness, laying the foundations for optimal collaboration between the different health professionals involved
- ♦ Train students in the pharmacological approach to insomnia problems, bringing their knowledge up to date in order to improve prescription, and deepen their knowledge in the strategic and individualized planning of the guidelines to be followed according to each case
- ♦ Gain an in-depth understanding of the scope of sleep problems, beyond insomnia, associated with different mental health problems, in order to facilitate their overall management, highlighting the relevant role of achieving adequate sleep in the satisfactory evolution of these pathologies
- ♦ Learn to differentiate between excessive daytime sleepiness and fatigue or anhedonia, based on their clinical features and potential underlying causes. Understand what we consider to be pathological daytime sleepiness and what diagnostic methods can help to objectify and quantify it
- ♦ Have specific knowledge in the different hypersomnias of central origin and learn to differentiate between them. The student will be trained and/or update their existing knowledge on the different therapeutic options available for these processes
- ♦ To master the knowledge and understanding of the different disorders due to circadian alteration of the wake-sleep cycle, both due to internal alterations and those caused by external factors
- ♦ To understand in depth the little known fundamental concepts on which the successful use of light therapy in the prevention and treatment of circadian disturbances is based, its possible modalities of use and its biological basis
- ♦ To provide a rigorous update on the other therapeutic options currently available for the treatment of this type of disorder, including the increasingly popular and widely used melatonin. The student will learn about myths and truths in the treatment of melatonin and will be brought up-to-date in the handling of its different formulas, some of which are new

03

# Course Management

The program's teaching staff includes leading experts in marketing management, who bring years of their own work experience to this programme. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.



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*The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with total guarantees of success"*

## International Guest Director

Dr. Craig Canapari is an eminent specialist in Pediatric Pulmonology and Sleep Medicine. He has been internationally recognized for his commitment to the study and treatment of sleep disorders in children, as well as his work in the field of pulmonary diseases. Throughout his extensive professional career, Dr. Canapari has had an outstanding praxis focused on treating pediatric patients with chronic and life-threatening respiratory diseases.

As director of the Pediatric Sleep Medicine Program at Yale-New Haven Children's Hospital, Dr. Canapari has been dedicated to the management of various disorders such as Sleep Apnea and Obstructive Sleep Apnea. He also treats those suffering from general pulmonary problems, including cough, shortness of breath and asthma, as well as those suffering from Muscular Dystrophy. In this field, he is noted for his interdisciplinary approach, combining Pneumology, Neurology and Psychiatry in the research and treatment of these complex disorders.

In addition to his clinical expertise, Dr. Canapari is a celebrated researcher who has collaborated with other Harvard professionals to develop innovative tools, such as a smart phone application to assist parents in sleep training. His tireless efforts have also focused on how the use of CPAP machines can help children with Obstructive Sleep Apnea improve their quality of life. His in-depth knowledge in this area has led him to publish the book *It's Never Too Late to Sleep Train: The Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents*.

To this must be added his exceptional work as an Assistant Professor of Pediatrics, specializing in Respiratory Medicine, at the Yale School of Medicine. There he contributes to both clinical care and the training of future pediatric and pediatric pulmonology professionals.



## Dr. Canapari, Craig

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- ♦ Director of the Pediatric Sleep Medicine Postgraduate Certificate Program at Yale-New Haven Children's Hospital
- ♦ Attending Physician in Pediatric Pulmonology and Sleep Medicine at Yale-New Haven Children's Hospital
- ♦ Assistant Professor of Pediatrics, Respiratory Medicine, Yale School of Medicine, Yale University School of Medicine
- ♦ Doctor of Medicine, University of Connecticut School of Medicine
- ♦ Specialist in Pediatric Pulmonology and Sleep Medicine

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*Thanks to TECH you will be able to learn with the best professionals in the world"*

## Management



### Dr. Larrosa Gonzalo, Óscar

- ♦ Specialist in Clinical Neurophysiology, San Rafael Hospital
- ♦ Expert in Sleep Medicine (CEAMS accredited, first national exam, 2013)
- ♦ Coordinator and founder of the Sleep Medicine Unit of MIPsalud, Madrid. Specialist and clinical consultant in sleep medicine at the Center of Neurological Diseases in Madrid and at the Multidisciplinary Unit for Sleep Disorders in San Rafael Hospital in Madrid, Spain
- ♦ Member of the Spanish Sleep Society (SES), founding member and former coordinator of its working group on Sleep Behaviour and Behavioural Disorders
- ♦ Member of the Spanish Society of the Neurophysiology Clinic (SENEC), founding member and former coordinator of its working group on sleep disorders
- ♦ Honorary Member, medical advisor and recommended specialist of the Spanish Restless Legs Syndrome Association (AESPI)
- ♦ Director of the Online Course "RESTLESS LEGS SYNDROME (WILLIS-EKBOM DISEASE)", (AESPI/Information without borders) for healthcare professionals, July 2016 - July 2017



## Professors

### Gismera Neuberger, Silvia

- Degree in Psychology. Doctorate in Biological and Health Psychology, Universidad Autónoma de Madrid.
- CEO of [www.dormirmejor.es](http://www.dormirmejor.es)
- Professor of the assessment committees of the Master's Degree in Healthcare Management and the Master's Degree in Patient Safety, International University of La Rioja (UNIR).
- Honorary Professor of the Autonomous University of Madrid (teaching in the doctoral program and tutor of professional practices).
- Expert in the Management of Healthy Businesses (Institute of Health and Wellness, ISLB)
- Member of the Spanish Society of Sleep (SES).

### Dr. Martínez Martínez, María Ángeles

- Medical Specialist in Clinical Neurophysiology via MIR, University Hospital Marqués de Valdecilla, Santander, Spain. Expert in Sleep Medicine (CEAMS accreditation, 2013)
- Associate Doctor of the Clinical Neurophysiology Service and co-coordinator of the Multidisciplinary Unit of Sleep Disorders and Ventilation of the Marqués de Valdecilla University Hospital.
- Master's Degree in "Sleep: Physiology and Medicine", University Pablo de Olavide-College of America, 2007.
- Member of the Spanish Sleep Society (SES), founding member and former coordinator of its working group on movement and behavioural disorders during sleep
- Member of the Spanish Society of Clinical Neurophysiology (SENEC).
- Member of the Spanish Sleep Network
- Co-chair of the XXV Annual Meeting of the Spanish Sleep Society, Santander, 2017.
- Associate Investigator in 4 research projects in Sleep Medicine in the last 5 years.

### Dr. Puertas Cuesta, Francisco Javier

- Specialist in Clinical Neurophysiology (1997). Doctor of Medicine from Cardenal Herrera CEU University (2006). Diploma Veille Sommeil, University of Montpellier (1998). Expert in Sleep Medicine, European Sleep Research Association (2012)
- Head of the Neurophysiology Service and of the Sleep Unit of the University Hospital of La Ribera since 1999.
- Professor at the Faculty of Medicine of the Catholic University of Valencia and Director of the Department of Surgical Specialties since 2019. Associate Professor of Physiology at the University of Valencia from 2001 to 2018.
- Research and training residencies in Sleep Medicine at the University Hospital of Montpellier, France, from 1997 to 1998 and at the Sleep Medicine Center of the Mayo Clinic in Rochester, Minnesota, in 2002.
- Current Vice-President of the Spanish Sleep Society (SES), President of the SES from 2006-2010, Member of the Board of Directors of the European Sleep Research Society (ESRS) from 2012-2014.

### Dr. Ortega-Albás Juan José

- Head of the Sleep Unit of the University General Hospital of Castellón.
- Associate Professor at the Faculty of Medicine of the UJI in the area of Neurophysiology and Sleep.
- Medical Specialist in Clinical Neurophysiology
- Expert in Sleep Medicine accredited by ESRS and CEAMS/FESMES
- Member of the Spanish Sleep Society (SES) and the Spanish Society of Clinical Neurophysiology (SENEC).

#### **Dr. Bonmatí Carrión, María Ángeles**

- ♦ Degree in Biology from the University of Murcia.
- ♦ PhD in Physiology from the University of Murcia.
- ♦ Postdoctoral Researcher at the University of Murcia; currently teaching in the Department of Physiology (in the Degrees of Biology, Medicine and Biotechnology),
- ♦ Postdoctoral Research Fellow at the University of Surrey (UK) (2016-2018).
- ♦ Master's Degree in Technology and Research in Biomedical Sciences (2010, University of Murcia) and Master's Degree in Teacher Training ESO and Bachillerato, FP and Language Teaching (2015, Miguel Hernández University).

#### **Dr. Martínez Pérez, Francisco**

- ♦ Clinical Neurophysiology Department, University Hospital Puerta de Hierro, Majadahonda, Spain.
- ♦ Advanced Neurophysiological Studies at the MIP Salud Clinic - Integrated Personalized Medicine
- ♦ Neurophysiology Techniques applied at the Vitruvian Institute of Biomechanics and Surgery.
- ♦ Medical Specialist in Clinical Neurophysiology
- ♦ Degree in Medicine and Surgery, Complutense University of Madrid.
- ♦ Master's Degree in Sleep: Physiology and Pathology, University Pablo Olavide
- ♦ Master's Degree in Neurological Electrodiagnosis, University of Barcelona.
- ♦ Researcher, University lecturer, Professor of the Master's Degree in Sleep Medicine.
- ♦ Author of several guidelines and consensuses for different medical societies (SENEC, SES, AEP) and the National Commission of the Specialty.
- ♦ XXI Century National Prize in Medicine
- ♦ European Award in Medicine

#### **Dr. Giménez Badia, Sandra**

- ♦ Consultant Physician, Multidisciplinary Sleep Unit, Hospital de la Santa Creu i Sant Pau, Barcelona.
- ♦ Medical Specialist in Clinical Neurophysiology
- ♦ PhD in Medicine and Surgery
- ♦ Accredited as a Specialist in Sleep Medicine by the Spanish, French and European Sleep Societies.
- ♦ Coordinator of the Cognition and Sleep Group of the Spanish Sleep Society.
- ♦ Training residencies in sleep units of renowned international centers (Stanford, Montpellier and Strasbourg).
- ♦ Associate Professor at the University of Barcelona

#### **Dr. Sanz Costa, Valentín**

- ♦ Director of the Electroencephalography Unit of the Neurology Service, Hospital Universitario de Caracas.
- ♦ Pediatrician specialized in child neurology, with special academic training in neurophysiology applied to EEG, VideoEEG and in the treatment and surgery of childhood epilepsy.
- ♦ Master's Degree in Sleep and Child and Adolescent Psychiatry
- ♦ Professor of Neurophysiology and Post-Graduate Neurology, Central University of Venezuela

#### **Dr. Rodríguez Ulecia, Inmaculada**

- ♦ Head of Clinical Neurophysiology Service, University Hospital San Roque Meloneras, Maspalomas, Las Palmas (Canary Islands).
- ♦ Medical Specialist in Clinical Neurophysiology
- ♦ Master in Emergency Medicine, Emergencies and Catastrophes, Cardenal Herrera University.

**Dr. Sánchez Barros, Cristian**

- ◆ Specialist in Clinical Neurophysiology and Head of the Sleep Unit at the Juaneda Miramar Hospital of the Juaneda Healthcare Network Hospital Group, Palma de Mallorca (Balearic Islands, Spain).
- ◆ Specialist in Clinical Neurophysiology via MIR, University Hospital Clínico San Carlos, Madrid, Spain.
- ◆ Doctor of Medicine (PhD) Cum Laude, Complutense University of Madrid
- ◆ Active Member of the Spanish Sleep Society (SES), the Colombian Association of Sleep Medicine (ACMES) and the Spanish Society of Clinical Neurophysiology (SENEC).
- ◆ Active Member of the SES Working Group on Movement and Behavioral Disorders during Sleep.
- ◆ International Advisor in a research project on Huntington's disease led by the Caribbean Neurosciences Group of the Simon Bolivar University (Barranquilla-Colombia).

**Dr. Rocío Martín, Esmeralda**

- ◆ Specialist Doctor in Clinical Neurophysiology, University Hospital La Princesa, Madrid
- ◆ Medical Specialist in Clinical Neurophysiology, Clínica Santa Elena, Madrid
- ◆ Medical Specialist via M.I.R. in Clinical Neurophysiology, (Hospital Clínico San Carlos, Madrid, Spain).
- ◆ Specialist in Sleep Medicine. Accredited by the Spanish Federation of Sleep Medicine Societies, 2020.
- ◆ Master's Degree in "Sleep: Physiology and Medicine", University of Murcia, 2019
- ◆ Member of the Spanish Society of Clinical Neurophysiology. Member of the Spanish Sleep Society (and its Insomnia working group).
- ◆ Member of the Research Foundation of the University Hospital La Princesa. Member of the American Society of Clinical Neurophysiology.

**Dr. Wix Ramos, Rybel**

- ◆ Specialist in the Sleep Unit of the Clinical Neurophysiology Service, University Hospital of La Princesa (Madrid, Spain), in the Sleep Unit of the Neurology Service, Hospital HM Sanchinarro (Madrid) and in the Sleep Unit of the Neurology Service, Hospital HM Puerta del Sur (Alcorcón, Madrid).
- ◆ Doctor of Medicine, CEU San Pablo University (School of Medicine).
- ◆ MIR Specialist in Clinical Neurophysiology, Hospital Clínico San Carlos, Madrid, Spain.
- ◆ Expert in Sleep Medicine, accredited by CEAMS (2015), the World Sleep Society (2017), and the European Sleep Research Society (2018).
- ◆ Master's Degree in Sleep: Physiology and Medicine. Accredited, Universidad Pablo de Olavide (Seville, Spain), 2010
- ◆ Member of the Spanish Society of Clinical Neurophysiology.
- ◆ Member of the Spanish Sleep Society (and its Insomnia working group).

**Martín Villa, Iván**

- ◆ Founding Partner Psicología360
- ◆ Founding Partner Psychology and Therapies EDS SL
- ◆ Clinical Psychologist at MIPsalud, Madrid ( Psychotherapy of Sleep Disorders and General Health Psychology)
- ◆ Clinical Psychologist collaborating with Fundación Adecco (Attention to people with disabilities). Clinical Psychologist in La Poveda Training and Development SL
- ◆ Degree in Psychology UNED of Madrid, Clinical Specialty. Juridical Psychological Expert
- ◆ Expert in Conduct Disorder, Addictions and Adolescent Disorder

#### **Dr. Gutiérrez Muñoz, Carmen**

- ♦ Current activity at the Institute of Neurological Specialties (IENSA) and Hospital QuirónSalud, Córdoba, Spain.
- ♦ Specialty in Clinical Neurophysiology via MIR, University Hospital Virgen Macarena of Seville.
- ♦ European Certification as a Specialist in Sleep Medicine by ESRS
- ♦ Master's Degree in Sleep: Physiology and Medicine from the University of Murcia.
- ♦ Sleep Medicine courses de la Sociedad Americana de Sueño (AASM), 2016-2018
- ♦ Member of the Spanish Sleep Society (SES), American Sleep Society (AASM), Spanish and Andalusian Societies of Clinical Neurophysiology (SENFEC, SANFC).

#### **Dr. Díaz Román, Mónica**

- ♦ Specialist in Clinical Neurophysiology Service, Hospital Lluís Alcanyis, Xativa (Valencia), Spain.
- ♦ Specialist in Clinical Neurophysiology via MIR, Hospital La Fe de Valencia, Spain.
- ♦ Expert in Sleep Medicine by the Spanish Committee for Accreditation in Sleep Medicine (CEAMS, now FESMES).
- ♦ Master's Degree in Sleep. Physiology and Medicine", University of Murcia.
- ♦ Active member of the SES, the Spanish Society of Clinical Neurophysiology (SENFEC) and the Spanish Society of Neurology (SEN)

#### **Dr. Iznaola Muñoz, María del Carmen**

- ♦ Associate physician at the Virgen de las Nieves Hospital in Granada, Spain.
- ♦ Specialist in Clinical Neurophysiology
- ♦ Doctor of Medicine and Surgery. FESMES-accredited expert in Sleep Medicine
- ♦ Active member of the Spanish Sleep Society (SES), Spanish and Andalusian Societies of Clinical Neurophysiology (SENFEC, SANFC).

#### **Dr. Albares Tendero, Javier**

- ♦ Director of the Sleep Unit at Centro Médico Teknon. Sleep Medicine, Dr. Albares, Barcelona (Spain)
- ♦ Specialist in Clinical Neurophysiology, University Hospital La Paz, Madrid. European Specialist in Sleep Medicine. Qualified by the European Sleep Research Society
- ♦ Member of the Advisory Council for the Hourly Reform of the Government of Catalonia. Member of the Spanish Sleep Society (SES).

#### **Dr. Rodríguez Morilla, Beatriz**

- ♦ Circadian Rhythm Analysis in Kronohealth SL and Cronolab
- ♦ PhD in Psychology
- ♦ Degree in Psychology
- ♦ Master's Degree in Neuroscience
- ♦ Member of the Spanish Sleep Society (SES) and the *World Association of Sleep Medicine*.



**Dr. Ruiz García, Josefina**

- ♦ Associate Doctor in the Sleep Disorders Unit of the Clinical Neurophysiology Service, University Hospital Virgen de las Nieves, Granada, Spain.
- ♦ Specialist in Clinical Neurophysiology. Accredited as an Expert in Sleep Medicine by the Spanish Committee for Accreditation in Sleep Medicine (CEAMS).

**Flrido Gómez, Miguel**

- ♦ Commercial Director at LEDMOTIVE , Barcelona, Spain
- ♦ Telecommunications Engineering
- ♦ Training in lamps, LED, technology & lighting

**Dr. Teresí Copoví, Irene**

- ♦ Specialist in the Clinical Neurophysiology Service, Hospital Unversitari i Politènic la Fe, Valencia, Spain, with several years of experience in its Multidisciplinary Sleep Disorders Unit, Active Member of the Spanish Society of Clinical Neurophysiology (SENEC).
- ♦ Specialist in Clinical Neurophysiology, Hospital Unversitari i Politènic la Fe de Valencia.

# 04

## Structure and Content

The structure of the curriculum has been designed by a team of professionals knowledgeable about the implications of medical training, aware of the importance of the current relevance of the preparation and committed to quality teaching through new educational technologies.





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*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning”*

## Module 1. Preliminary Fundamental Aspects of Sleep Medicine

- 1.1 Normal Sleep in Human Beings. Sleep Functions
- 1.2 Evolution of Sleep Throughout the Lifespan
- 1.3 The Neurobiology of Sleep and Wakefulness
- 1.4 Neurophysiological Mechanisms of Sleep and Wakefulness
- 1.5 Chronobiology of the Wake-Sleep Cycle
- 1.6 Evolution of the Circadian System Throughout the Lifespan
- 1.7 Dream Activity
- 1.8 Commonly Used Sleep-Modifying Drugs
- 1.9 Sleep Disorders. From Anamnesis to Diagnostic Suspicion.
  - 1.9.1. Introduction. Classification of Sleep Disorders.
  - 1.9.2. Anamnesis and Basic Semiology
  - 1.9.3. Medical History. Sleep Diary. Scales and Test
  - 1.9.4. Suspected Diagnosis. General Tests and Sleep Specific Tests.

## Module 2. Insomnia in Adults. Sleep in Adult Psychiatry.

- 2.1 Insomnia: Definitions, Types, Epidemiology and the Socio-Economic Impact
- 2.2 Etiopathogenesis, Assessment and Differential Diagnosis of Chronic Insomnia.
- 2.3 Non-pharmacological Management of Chronic Insomnia(I): Locating the problem and its orientation
  - 2.3.1. Basis and Importance of a Non-pharmacological Approach to Insomnia.
  - 2.3.2. Cognitive-behavioural Treatment of Insomnia. Conceptual framework.
  - 2.3.3. Components of Cognitive-behavioural Treatment.
    - 2.3.3.1. Stimulus Control Techniques
    - 2.3.3.2. Techniques to Reduce the Amount of Time Spent in Bed.
    - 2.3.3.3. Sleep Hygiene Rules: Environmental and Behavioural changes
    - 2.3.3.4. Effective Relaxation Techniques for Insomnia.
    - 2.3.3.5. Cognitive Techniques Applied in Managing Insomnia.
  - 2.3.4. Other Possible Non-pharmacological Approaches:
    - 2.3.4.1. Aromatherapy in Sleep Problems: Myths and Truths
    - 2.3.4.2. Music Therapy for Insomnia
    - 2.3.4.3. Acupuncture in Insomnia

- 2.4 Non-pharmacological Treatment of Chronic Insomnia (II): Behavioral Techniques
  - 2.4.1. Relaxation Techniques Step by Step
    - 2.4.1.1. Diaphragmatic Breathing/Relaxation Techniques
    - 2.4.1.2. Progressive Muscle Relaxation Training
    - 2.4.1.3. Other Techniques Biofeedback and Mindfulness
  - 2.4.2. Procedure for the Application of Cognitive Techniques
    - 2.4.2.1. Negative Thoughts and their Impact on Sleep
    - 2.4.2.2. Cognitive Distortions
    - 2.4.2.3. Cognitive Reconstruction: Discussion Technique
    - 2.4.2.4. Thought Stop
    - 2.4.2.5. Paradoxical Intent
  - 2.4.3. Individual Versus Group Therapy.
  - 2.4.4. Health Education for the Prevention of Insomnia.
  - 2.4.5. Neurofeedback and Insomnia: Basic and Applied Research.
- 2.5 Pharmacological Treatment of Insomnia: Options and New Developments
  - 2.5.1. Benzodiazepines (BZD)
  - 2.5.2. Non-benzodiazepine Hypnotics ("Z" drugs)
  - 2.5.3. Sedative Antidepressants
  - 2.5.4. Melatonin and Melatonin Receptor Agonists
  - 2.5.5. Dual Orexin Receptor Antagonists (DORAs): What Does the Future Hold?
  - 2.5.6. Other Drugs Useful in Insomnia
  - 2.5.7. Supplements and Phytotherapy: Myths and Scientific Evidence.
- 2.6 Planning the Pharmacological Treatment of Insomnia Special Situations
- 2.7 Mood Disorders and Sleep
- 2.8 Anxiety Disorders and Sleep
- 2.9 Other Psychiatric Disorders and Sleep
  - 2.9.1. Psychotic Disorders.
  - 2.9.2. Eating Disorders
  - 2.9.3. ADHD in Adults
- 2.10 Sleep and Addictions



**Module 3.** Hypersomnia in Adults, Circadian Rhythm Disorders in Adults

- 3.1 Initial Approach to Hypersomnias of Central Origin
  - 3.1.1. Concepts, Definitions and Types
  - 3.1.2. Insufficient Sleep Syndrome
  - 3.1.3. Isolated Symptoms and Variants of Normality: Long sleeper.
- 3.2 Narcolepsy (part I)
- 3.3 Narcolepsy (parte II)
- 3.4 Idiopathic Hypersomnia.
- 3.5 Recurrent Hypersomnia.
  - 3.5.1. Kleine Levin Syndrome
  - 3.5.2. Hpersomnia Related to Menstruation.
- 3.6 Other Causes of Hypersomnia
- 3.7 Chronopathology (I): Endogenous Circadian Disturbances.
  - 3.7.1. Delayed Sleep Phase Syndrome
  - 3.7.2. Advanced Sleep Phase Syndrome
  - 3.7.3. Hypnictameral or Free-course Syndrome
  - 3.7.4. Irregular Wake-sleep Pattern.
- 3.8 Chronopathology (II): External Factors in Circadian Alterations:
  - 3.8.1. Circadian Alterations due to Shift Work Patterns
  - 3.8.2. Circadian Disruption due to Rapid Meridian Passage or Jet Lag
  - 3.8.3. Social Jet Lag
- 3.9 Phototherapy
- 3.10 Other Therapeutic Methods to Regulate the Circadian System
  - 3.10.1. Sleep Hygiene Rules
  - 3.10.2. Chronotherapy
  - 3.10.3. Melatonin
  - 3.10.4. Other Drugs



*A unique, key, and decisive training experience to boost your professional development"*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

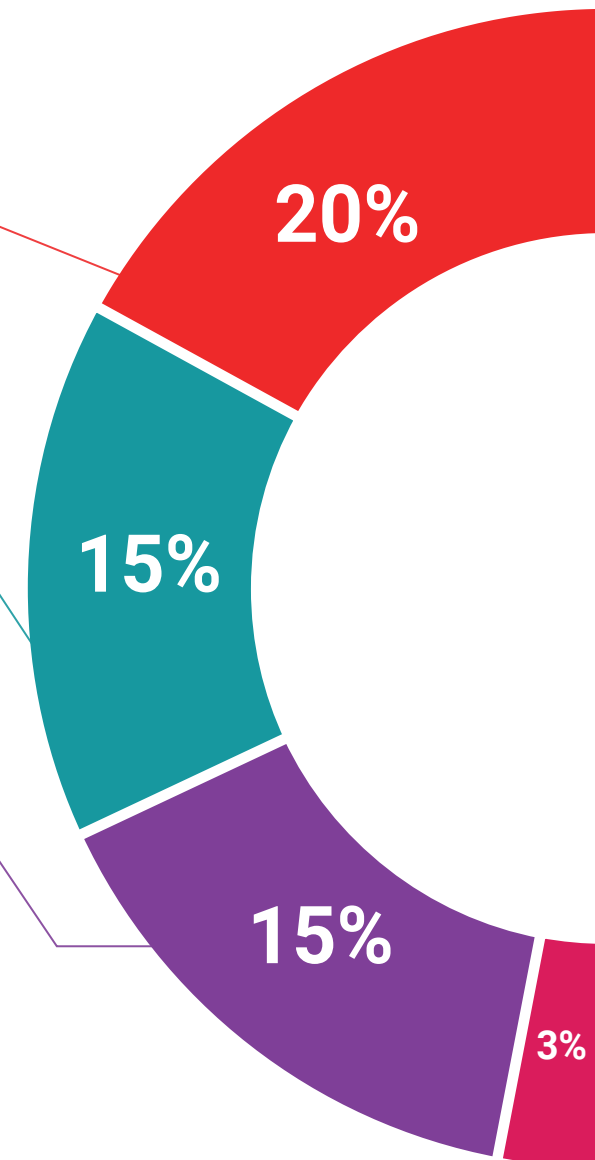
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Diploma in Insomnia, Circadian Rhythm Disorders and Hypersomnias in Adults guarantees, in addition to the most rigorous and up to date training, access to a Postgraduate Diploma issued by TECH Technological University.



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*Successfully complete this program  
and receive your certificate without  
travel or cumbersome paperwork”*

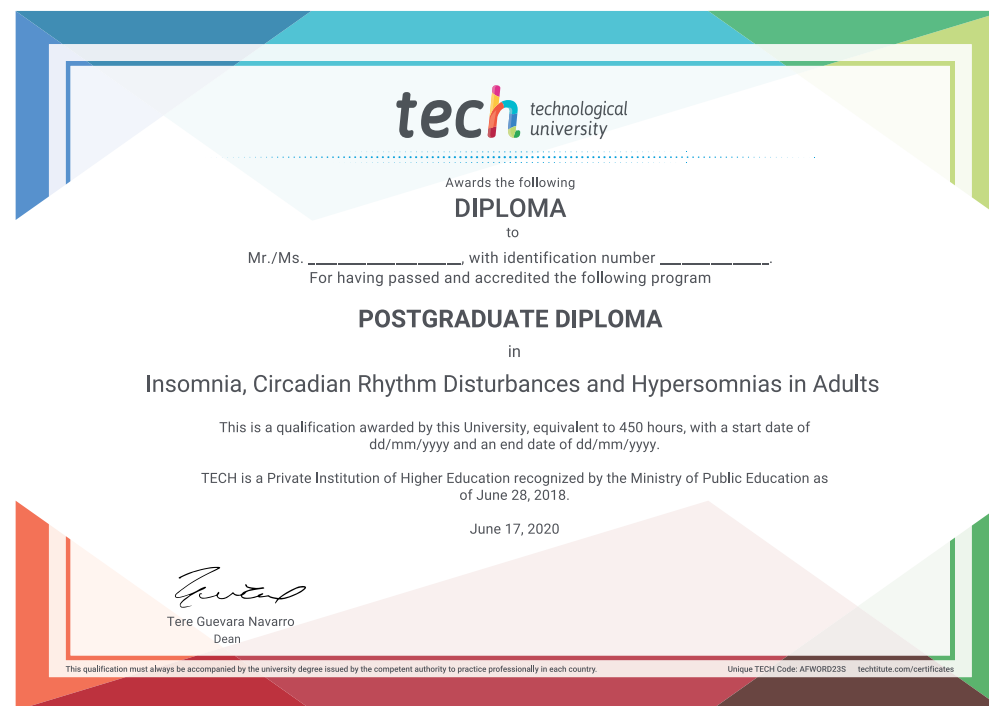
This **Postgraduate Diploma in Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults** contains the most complete and up to date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults**

Official N° of Hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



## Postgraduate Diploma Insomnia, Circadian Rhythm Disturbances and Hypersomnias in Adults

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma

Insomnia, Circadian Rhythm  
Disturbances and Hypersomnias  
in Adults

