

Sleep medicine course

The 2-year Sleep School organized jointly by the Universities of Helsinki and Turku, in co-operation with Nordic experts, will provide overview and practical tools for physicians, nurses, psychologists and researchers in the field of sleep medicine and sleep research. CME credits will be applied from the Universities of Helsinki and Turku.

The course combines high quality expertises in sleep research (Sleepwell research program at Helsinki University Medical Faculty) and clinical sleep medicine (Sleep and Breathing Centre at the Turku University Hospital). The teachers are internationally recognized experts on their respective fields, and experienced educators. The curriculum has been created and evaluated in reference with the recommendations of the EACCME.

Aims of the course: The course “Sleep medicine” will provide the participants overview on sleep medicine and practical tools for professionals and students in the field.

Target audience: Medical doctors, nurses, psychologists and other health care professionals working in fields where patients have sleep problems, as well as students and researchers of these fields.

Methods: The course is an e-learning course. The lectures will be given once a month on Wednesday at 16.00 – 18.00 h. Time allocated for each presentation is 60 min. Legal aspects included in presentations when applicable. The lectures will be offered through **Zoom-link** (please, see below).

The course is free of charge and open to those interested in sleep medicine. The lessons during year 2021 will cover the basic aspects of sleep and circadian rhythm physiology. The rest of the course is dedicated to the different aspects of sleep pathologies and conducts of sleep medicine.

Welcome to the course!

If you have further questions, please contact: coordinator Tiina Härkönen at tiina.harkonen@helsinki.fi

Instructions to join the Zoom Meetings:

Join Zoom Meeting

<https://helsinki.zoom.us/j/69483257796>

Meeting ID: 694 8325 7796

One tap mobile

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Dial by your location

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+49 69 3807 9883 Germany

+49 695 050 2596 Germany

+49 69 7104 9922 Germany

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Find your local number: <https://helsinki.zoom.us/u/cFeOX7jye>

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Curriculum autumn term 2021

September 15

1. Neurophysiology and neurobiology of sleep. Adj. prof. Tarja Stenberg
2. Circadian rhythms. Adj. prof. Tarja Stenberg

October 20

3. Control of sleep and wakefulness. Adj. prof. Tarja Stenberg
4. Theories on the function of sleep; Sleep, learning and memory. PhD Henna-Kaisa Wigren

November 10

5. Effects of sleep and acute and chronic sleep deprivation on bodily functions. Prof. Anu-Katriina Pesonen
6. Genetics of sleep. Prof. Tiina Paunio

December 8

7. Sleep across the life span. MD, PhD Outi Saarenpää-Heikkilä and adj. prof. Anna-Sofia Urrila
8. Role of sleep as co-morbidity in different pathologies. MD, PhD Salla Lamusuo