



EDINBURGH SLEEP MEDICINE COURSE Monday 12th May 2025 – Friday 16th May 2025

Venue: DoubleTree by Hilton Edinburgh Airport
100 Eastfield Road, Edinburgh, EH28 8LL

Monday 12th May 2025

- 09:30 Registration desk opens
- 10:00 Welcome and course information
- 10:15 Overview of Normal sleep – **Prof Jason Ellis** (*Northumbria University*)
- 11:15 Overview of Sleep Disorders – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
- 12:00 Lunch
- 13:00 Insomnia – **Prof Jason Ellis** (*Northumbria University*)
- 14:00 Overview of Sleep Disordered Breathing – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
- 15:00 Coffee Break
- 15:15 Mandibular repositioning splints – **Professor Ama Johal** (*Barts Health NHS Trust/London School of Medicine and Dentistry*)
- 16:15 Daily Summary

Tuesday 13th May 2025

- 09:30 Neuroimaging of Sleep – **Dr Renate Wehrle** (*vfkv – Training Institute Munich*)
- 10:30 Sleep Pharmacology – pathways and medications – **Prof William Wisden** (*Imperial College London*)
- 11:30 Morning tea
- 11:45 Control of Breathing during Sleep – **Dr Michelle Ramsay** (*Guy's and St Thomas' NHS Foundation Trust*)
- 12:45 Lunch
- 13:45 CPAP – treatment and troubleshooting – **Dr Esther Schwarz** (*University Hospital Zürich*)
- 14:45 Anatomy of the Upper Airway/Surgery for Sleep Apnoea – **Prof Bhik Kotecha**
(*Barking, Havering and Redbridge NHS Hospitals Trust and The Royal National Throat, Nose and Ear Hospital, London*)
- 15:45 Afternoon tea
- 16:00 Hypoglossal Nerve Stimulation and Non-CPAP therapy in patients with OSA – **Prof Joerg Steier**
(*Lane Fox Unit and Sleep Disorders Centre at King's Health Partners*)
- 17:00 Daily summary

WELCOME RECEPTION: 5.30PM – 8.00PM (Food and refreshments provided)

Wednesday 14th May 2025

- 09:00 Polysomnography – **Andrew Morley** (*Royal Hospital for Children, Glasgow*)
- 09:45 Excessive Daytime Sleepiness – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
- 10:30 Morning tea
- 10:45 Sleep Case Studies/CPAP/PSG Case Studies
- 11:45 Workshop changeover
- 12:00 Sleep Case Studies/CPAP/PSG Case Studies
- 13:00 Lunch

Workshop presenters: **Dr Renata Riha, Donna Fairley, Jay Jaye, Lynn Murray, Andrew Morley**

Thursday 15th May 2025

- 09:00 Sleep and Psychiatry – **Dr David O'Regan** (*Guy's and St Thomas' NHS Foundation Trust*)
10:00 Circadian Rhythm Sleep/Wake Disorders – **Dr Marijke Gordijn** (*University of Groningen and Chrono@Work B.V.*)
11:15 Morning tea
11:30 Restless legs and Movement Disorders in Sleep – **Dr Kirstie Anderson**
12:15 Parasomnias – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
13:15 Lunch
14:15 Narcolepsy – **Prof Geert Mayer** (*The Philipps University in Marburg/Germany*)
15:15 Epilepsy and Sleep – **Prof Matthew Walker** (*University College London*)
16:15 Daily Summary

Friday 16th May 2025

- 09:00 Sleep Course Assessment (50 multiple choice questions)
09:30 Sleep Systems – where have we been and where are we going? – **Dr Kebir Sabil** (*Cloud Sleep Lab*)
10:30 Morning tea
10:45 Central Sleep Apnoea – diagnosis, management and outcomes – **Sandrine Launois** (*National Institute of Sleep and Vigilance / CEREVES*)
11:30 Sleepiness and Driving – **Dr Dipansu Ghosh** (*Leeds Teaching Hospitals NHS Trust*)
12:30 Lunch
13:30 Case Studies – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
14:30 Sleep Course Assessment Overview

15:30 SLEEP COURSE FINISH