



Inter-university certificate in sleep medicine



Septembre 2016



Major features

- ✓ Collaboration between three belgian universities (ULB, UCL and Ulg)
- ✓ Starting in 2010
- ✓ Expert speakers from universities and academic hospitals
- ✓ 25 credits
- ✓ 76 students certified till now
- ✓ Two years of formation including lectures and practical internship.
 - Training is based on ex-cathedra classes and case studies, requiring the active participation of students
 - Internship, including clinical and technical activities
- ✓ Examination and internship report are part of evaluation
- ✓ This training is certified by ULB, UCL and Ulg and ARES (Académie de recherche et d'enseignement supérieur)



Objectives

- ✓ a thorough understanding of the sleep phenomenon, its neurological substrate , its evolution with age, its determinants and characteristics.
- ✓ understanding the symptoms when sleep is disrupted or is the cause of disease.
- ✓ understanding the impact of somatic diseases or psychiatric diseases on sleep
- ✓ Deepening therapeutic knowledge in case of sleep defects
- ✓ gaining practical skills in implementing, reading and analysis of sleep exams

→ to be able to treat patients complaining of sleep defects



Programme

PREMIÈRE ANNÉE	DEUXIÈME ANNÉE
Module 1 - La veille et le sommeil, physiologie et notions générales	Module 3 - Le sommeil de l'enfant
<i>JOUR 1</i> <ul style="list-style-type: none">• Le sommeil• Le rêve et le cauchemar• L'étude du sommeil• La polysomnographie. Mesures standard <i>JOUR 2</i> <ul style="list-style-type: none">• La polysomnographie. Mesures spéciales• Les mesures indirectes multicanal• L'agenda du sommeil• Quand le sommeil se dérègle	<i>JOUR 5</i> <ul style="list-style-type: none">• Le sommeil de l'enfant• Particularités thérapeutiques chez l'enfant
Module 2 - Pathologies du sommeil	Module 4 - Les grandes orientations thérapeutiques
<i>JOUR 3</i> <ul style="list-style-type: none">• Entrelacement des symptômes : somnolence, dépression, fatigue, anxiété• Pharmacologie du sommeil• Les pathologies neurologiques <i>JOUR 4</i> <ul style="list-style-type: none">• Les insomnies et pathologies psychiatriques• Pathologies respiratoires liées au sommeil• Problèmes circadiens	<i>JOUR 6</i> <ul style="list-style-type: none">• Les pathologies neurologiques• Traitements de l'insomnie <i>JOUR 7</i> <ul style="list-style-type: none">• Traitement des pathologies psychiatriques• Pathologies respiratoires <i>JOUR 8</i> <ul style="list-style-type: none">• Ajustement circadien• Les questions sans réponse• Révision générale et exemples