

Postgraduate Certificate

Sleep and Wakefulness Disorders





Postgraduate Certificate Sleep and Wakefulness Disorders

Course Modality: **Online**

Duration: **6 weeks**

Certificate: **TECH Technological University**

Official N° of hours: **150 h.**

Website: www.techtute.com/in/medicine/postgraduate-certificate/sleep-wakefulness-disorders

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01

Introduction

Sleep is a necessary and inescapable reality for everyone. Sleeping gives the body and the mind time to regenerate and, in correct amounts, increases people's well-being. That's why, when a patient sleeps too little or too much due to a disorder, their quality of life is heavily affected. In this sense, academic programs like these give physicians the possibility to update their knowledge in order to take an innovative approach to sleep-related pathologies. It is, therefore, a unique program that will mark a before and after in the student's daily practice.



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Learn to take an innovative approach to sleep disorders with this Postgraduate Certificate that TECH offers you”

As the name indicates, Sleep Disorders are problems related to sleep, either due to excess or lack of sleep. They include difficulties in falling asleep or staying asleep, sleeping too much, falling asleep at inappropriate moments and/or abnormal behavior during sleep. This type of pathology includes insomnia, hypersomnia and drowsiness.

In this sense, and understanding that sleep is a vital physiological function, it is very important that professionals who encounter patients suffering from this type of pathology know how to make a correct approach, mitigating the consequences of these types of disorders.

Moreover, sleep is one of the major concerns of modern society and is often a reason for medical consultation which underlies many of the ailments of everyday life. On the other hand, it can also be a window to other disorders.

In this Postgraduate Certificate you will learn more about the physiology of circadian cycles, assess the limits of normality and distinguish between primary and secondary sleep disorders.

This **Postgraduate Certificate in Sleep and Wakefulness Disorders** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Practical cases presented by experts in Medicine and Psychiatry
- ◆ 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
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



Over the course of this Postgraduate Certificate, we will study disorders such as hypersomnolence, wakefulness or insomnia and their correct treatment”

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Sleep allows the body to regenerate and is necessary for correct development. Learn how to re-establish correct sleep patterns in your patients with this Postgraduate Certificate”

The program’s teaching staff includes professionals from sector who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

The 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 immersive learning programmed to train in real situations.

This program is designed around Problem Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the professional will be assisted by an innovative system of interactive videos made by recognized experts in the field.

Update your knowledge in a comfortable way and position yourself as a successful physician by studying with TECH.

In addition, as it is a online Postgraduate Certificate, you can study wherever and whenever you want.



02 Objectives

The ultimate goal of this Postgraduate Certificate is to provide physicians with the knowledge and tools that will enable them to approach sleep disorders from an innovative perspective. For this purpose, a complete syllabus full of theoretical and practical content has been prepared, which will lay the foundations of knowledge in the student and will position them as highly competent physicians. A unique opportunity that, in just six weeks, will allow an immersive and differentiating learning experience.



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Study at TECH and start to see your professional objectives become a reality”



General objectives

- ◆ Know the peculiarities of the development of different specific areas
- ◆ Know how to prevent and treat psychiatric epidemiology in the different stages of life
- ◆ Gain up-to-date knowledge of the therapeutic strategies in the latest advances in sleep disorders in psychiatry
- ◆ Approach specific sleep problems in psychiatric
- ◆ Provide skills and strategies for clinical management in psychiatry





Specific objectives

- ◆ Delve into the physiology of circadian cycles
- ◆ Evaluate the limits of normality and distinguish between primary and secondary sleep disorders

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Start to achieve your goals and objectives by studying at TECH”

03

Course Management

For this Postgraduate Certificate, TECH has assembled a teaching staff made up of active experts in the fields of medicine and psychiatry who bring their experience of many years working in this sector to this Postgraduate Certificate. Professionals from other related areas have also participated in the creation of the contents of this program, completing the program in an interdisciplinary and comprehensive way. This gives the Postgraduate Certificate unique characteristics that the student will not be able to find anywhere else.



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Learning with the support of the best professionals in sector is always a guarantee for success”

Management



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- ◆ Professor of Psychiatry. Department of Psychiatry. Faculty of Medicine. Autonomous University of Madrid
- ◆ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ◆ PhD in Medicine and Surgery from the University of Alcalá
- ◆ Specialist in Psychiatry
- ◆ Postdoctoral Research Fellow. Columbia University College of Physicians & Surgeons

Professors

Dr. Barrigón Estevez, María Luisa

- ◆ Attending Physician in the Psychiatric Department in the FJD Health Research Institute Foundation
- ◆ Degree in Medicine and Surgery from the University of Extremadura
- ◆ Specialist in Psychiatry with training completed in the Clinical University Hospital of Granada
- ◆ Official PhD program in Psychiatry from the University of Granada



04

Structure and Content

The syllabus of this refresher program has been designed based on the requirements applied to psychiatry and sleep disorders.

Therefore, the content of the Postgraduate Certificate has been structured in three modules over 6 weeks that include all the necessary information for the student, incorporating all the elements that may be involved when carrying out their duties in this field of study.





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Quality content like TECH's is key for good professional development”

Module 1. Sleep and Wakefulness Disorders

- 1.1. Normal Sleep
 - 1.1.1. Basic Aspects
- 1.2. Diagnostic Assessment
- 1.3. Classification of Sleep and Wakefulness Disorders
- 1.4. Insomnia I
 - 1.4.1. Clinical Symptoms
 - 1.4.2. Assessment
- 1.5. Insomnia II
 - 1.5.1. Medical Treatment
- 1.6. Insomnia III
 - 1.6.1. Non-Pharmacological Treatment
- 1.7. Hypersomnia Disorders
- 1.8. Disorders of the Circadian Rhythm of Sleep and Wakefulness
- 1.9. Parasomnia Disorders
- 1.10. Monitoring Sleep





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Improve the quality of life of your patients with sleep disorders by studying the content that TECH offers you”

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. Gervas, 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 Certificate in Sleep and Wakefulness Disorders guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program
and receive your university degree
without travel or laborious paperwork”*

This **Postgraduate Certificate in Sleep and Wakefulness Disorders** 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 Certificate** issued by **TECH Technological University** via tracked delivery*.

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

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

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development languages
virtual classroom



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