

# DIPLOMA IN PEDIATRIC SLEEP MEDICINE (DPSM)

**Admission for Batch 7 ongoing**

**Limited seats available**

**India's first training program in Pediatric Sleep**

**Associated with the University of Colorado, USA**

**Affiliated with:**

**Center for Global Health**  
colorado school of public health



# Course Faculty

## Course Directors:



**Dr KR Bharath Kumar Reddy**

Consultant Pediatric Pulmonologist & Sleep Specialist  
Shishuka Children's Hospital & Indira Gandhi Institute of Child Health



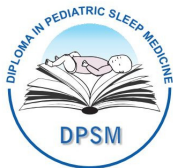
**Dr Stephen M.M Hawkins**

Consultant Pediatric Pulmonologist and Sleep Specialist  
University of Colorado



**Dr PK Vedanthan**

Clinical Professor  
Department of Medicine  
University of Colorado  
Allergy, Asthma and Immunology Specialist



## Faculty:



**Dr Benjamin Hughes**

Assistant Professor  
Pediatric Pulmonary and Sleep Medicine  
University of Colorado



**Dr Lisa Meltzer**

Pediatric Psychologist  
National Jewish Health  
Professor, Division of Pediatric Behavioural Health,  
Denver, Colorado



**Dr Pinar Polat**

Assistant Professor  
Pediatric Neurology and Sleep Medicine  
University of Colorado



**Dr Stacey Simon**

Assistant Professor  
Pediatric Psychologist  
University of Colorado



**Dr Ilin Kinimi**

Consultant Pediatric Pulmonologist & Sleep Specialist  
Manipal Hospital  
Bangalore



**Dr Norman Friedman**

Professor  
Pediatric Otolaryngology and Sleep Medicine  
University of Colorado

# DPSM Alumni - Completed batches



## Diploma in Pediatric Sleep Medicine (DPSM) 1st Batch - June 2022



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## Diploma in Pediatric Sleep Medicine (DPSM) 2nd Batch - December 2022



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# DPSM Alumni - Completed batches



## Diploma in Pediatric Sleep Medicine (DPSM) 3rd Batch - June 2023



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## Diploma in Pediatric Sleep Medicine (DPSM) 4th Batch - July 2023



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# Syllabus

## Theory sessions (Online)

- Epidemiology of Pediatric sleep
- Normal sleep patterns in children
- Circadian Rhythm - Anatomy and Physiology
- Behavioural interventions for insomnia: Infants to Adolescents
- Sleep History Taking
- Indications for Polysomnography
- Obstructive Sleep Apnea - Physiology, Diagnosis and Management
- Parasomnias in children
- Movement disorders during sleep
- Hypersomnia and Narcolepsy
- Sleep in asthma and allergy
- Sleep issues in children with Genetic syndromes, Obesity and autism

## Practical Sessions (In-person)

- Connecting the leads, preparing for a sleep study
- AASM Scoring guidelines for Pediatric Sleep
- Sleep equipment/ Setting up a sleep lab
- Non-invasive ventilation (NIV) in children
- Initiation of NIV, Home management, devices and interfaces

## Journal Club (presentation & discussion)

## The need for Pediatric Sleep Training

Sleep disorders are common in children with a prevalence of 3 to 10% across the world. Currently however, there is no formal training course in the Indian subcontinent in Pediatric Sleep. There are only a limited number of centers in India conducting pediatric sleep studies. Poor sleep is known to impact the growth and development, memory and endocrine functions in children. Hence the need of the hour is for more specialists trained in Pediatric sleep in India to fill the existing gap in health care delivery

## The course structure and syllabus

**Total duration: 6 months**

**Course delivery:** Online classes every 2 weeks by International faculty

**Contact session:** 2 full days practical session with classes in Bangalore with International faculty

**Evaluation:** Examination at the end of 6 months/ Assignments completed monthly

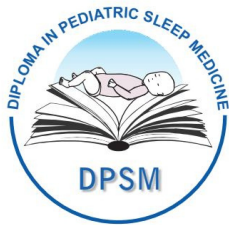
## Who can benefit from the course?

- Pediatricians (MD/DCH/DNB)
- Pediatric Pulmonologists
- Adult Pulmonologists
- Otorhinolaryngologists
- Psychiatrists
- Behavioural Therapists
- Allergists
- Neurologists
- Dentists/Orthodontists
- Fellows in training

## Fees and admission

Course fees: 67,500 + GST

(Including materials, contact session and exam fees)



# To apply for DPSM:

**Course start date:** 3rd July 2024

**Last date of Application:** 1st June 2024

**Number of seats:** 30

## Contact details

**Course Secretary:** Dr Nagarjun N

**Phone number:** +91 7022537011

**Email address:** vidathpediatricsleep@gmail.com

**Postal Address:** Shishuka Children's Hospital, HRBR Layout, Kalyan Nagar, Bangalore 560043

## Course Director

**Dr Bharath Reddy**

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**Shishuka**  
Children's Specialty Hospital