

CONCEPT NOTE

Advanced Sleep Technology Course

-‘Establishing a sleep lab’

(Organized under the aegis of Indian Society for Sleep Research)

April 7, 2018

Baldev Singh Sleep Laboratory, Department of Physiology,
AllMS, New Delhi

Baldev Singh Sleep Laboratory in Department of Physiology is an internationally renowned sleep laboratory recognized for its outstanding basic and innovative sleep research. It is the first sleep lab established in India. It is also one of the rare laboratories where both animal and human sleep and chronobiology research are conducted. The lab was established by Dr V Mohan Kumar in 1980s. The research activities of the lab focus on the role of preoptic area in sleep wakefulness, thermoregulation and sexual behaviour. The lab has been extended to human sleep research in 2013 and prides itself in training physicians and technicians in Polysomnographic techniques.

Advanced Sleep Technology Course is the first of kind in the series. The course will outline the know-how and technicalities associated with establishing and running a human sleep lab successfully. It will be beneficial for all those who want to establish a sleep lab in their Institute/Hospital/Clinic or individually. All the stakeholders involved in the sleep lab, physicians, health care professionals, technicians or anyone who is interested in opening a sleep lab will benefit from this Course. The level of prior knowledge or experience in the field is beginner. A person with no previous exposure in sleep to those who are already running a sleep lab, the course will benefit all.

