



TEHRAN UNIVERSITY
OF
MEDICAL SCIENCES

School of Medicine

Sleep Medicine Fellowship Program Curriculum

Tehran University of Medical Sciences offers a one-year fellowship program for qualified physicians trained in occupational medicine, neurology, otolaryngology, psychiatry, adult pulmonary medicine and pediatrics who wish to pursue further training in sleep medicine.

Program Chairman:

Khosro Sadeghniaat Haghighi, MD, RPSGT

Professor, Department of Occupational Medicine, School of Medicine

Description of the Program

A. Overview

The Sleep Medicine Fellowship Program offered by Occupational Sleep Research Center (OSRC) at Baharloo Hospital, Tehran University of Medical Sciences, is a new program: A one-year fellowship for qualified physicians trained in occupational medicine, neurology, otolaryngology, psychiatry, adult pulmonary medicine and pediatrics who wish to pursue further training in sleep medicine.

The primary goal of this fellowship program is to provide qualified physicians with the skills necessary to be able to prevent, diagnose, manage, and treat sleep disorders, and conduct educational and research programs. The fellowship program will integrate didactic training, clinical experience and active participation in the development and completion of original research in populations with sleep disturbances. Development of analytical skills and proficiency in polysomnography and other related tests available for evaluation of sleep disorders are additional major goals of the fellowship program. Research participation also is one major activities of the sleep medicine fellow.

Over the course of the one-year program, the fellow will be expected to assume responsibility for developing research proposals for which he or she will act as the principal researcher. Through these proposals, the fellow will gain experience at protocol development including methodological and statistical design considerations, budget preparation, the IRB submission process, grants management, patient enrollment including obtainment of informed consent, chart documentation and adverse event reporting, appropriate study record keeping and data analysis. The fellow will also collaborate (in a co-researcher capacity) with the preceptor, other residents and fellows, and researchers outside the department in the design and implementation of several additional research proposals.

B. Length and Distribution of the Fellowship Activities

Length of Sleep Medicine Fellowship Program is one year.

C. Available Facilities

Occupational Sleep Research Center (OSRC) and the Sleep Clinic at Baharloo Hospital provide an appropriate platform for scientific activities in sleep medicine. OSRC is an integrated, multi-disciplinary center encompassing research, training, and clinical care in sleep medicine. The "Journal of Sleep sciences (JSS)" is the official scientific quarterly publication affiliated with OSRC. The main goals of journal are to improve the knowledge and awareness of clinicians and research professionals about the latest findings in prevention, diagnosis, treatment and etiology of sleep disorders.

OSRC also offers modern sleep facilities for diagnosis and treatment of sleep disorders in collaboration with sleep clinic of Baharloo hospital (TUMS). Our facilities are equipped for Standard polysomnography, CPAP titration, portable polysomnography, maintenance of wakefulness test (MWT), multiple sleep latency test (MSLT), sleep apnea screening and actigraphy. It also has four bedrooms for overnight recordings that are dedicated to research and clinical care.

Main Fellowship Topics and Course Titles

- Normal sleep
- Sleep physiology
- Sleep neurobiology
- Sleep breathing disorders
- Insomnia
- Sleep hygiene
- Hypersomnolence
- Circadian rhythm disorders
- Parasomnias
- Shift work
- Restless leg syndrome
- Polysomnography
- Maintenance of wakefulness test (MWT)
- Multiple sleep latency test (MSLT)
- CPAP Titration
- Actigraphy

All interested applicants are welcome to apply to TUMS by completing and submitting the TUMS Online Application Form at www.gsia.tums.ac.ir.

D. Contact Information:

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