

FELLOWSHIP IN SLEEP MEDICINE

ABOUT THE UNIVERSITY

Malla Reddy Vishwavidyapeeth is a reputed educational institution located in Hyderabad, Telangana, India. Recognized as a “Deemed to be University under Distinct (Existing) Category,” the university offers multidisciplinary programs in medical, dental, nursing, pharmaceutical sciences, engineering, and allied health sciences. The institution emphasizes academic excellence, clinical proficiency, innovation, and global collaborations, contributing significantly to advanced healthcare education and training.

PROGRAM OVERVIEW

The Fellowship in Sleep Medicine is a specialized clinical program designed to develop expertise in the diagnosis, evaluation, and management of sleep disorders. The program focuses on:

- Physiology and mechanisms of sleep
- Classification and diagnosis of sleep disorders
- Sleep-related breathing disorders (e.g., sleep apnea)
- Insomnia and circadian rhythm disorders
- Neurological and psychiatric sleep disorders
- Sleep studies and diagnostic techniques (Polysomnography)

The program integrates **theoretical learning, clinical exposure, and hands-on training**, ensuring competency in sleep medicine practice.

PROGRAM EDUCATIONAL OBJECTIVES (PEOS)

Graduates will be able to:

1. Diagnose and manage a wide range of sleep disorders.
 2. Apply evidence-based practices in sleep medicine.
 3. Utilize diagnostic tools and sleep studies effectively.
 4. Provide patient-centered care for sleep-related conditions.
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PROGRAM OUTCOMES (POS)

1. **Clinical Expertise:** Diagnose and manage sleep disorders including insomnia and sleep apnea.

2. **Diagnostic Proficiency:** Interpret sleep studies such as polysomnography and related investigations.
 3. **Therapeutic Skills:** Apply pharmacological and non-pharmacological treatments.
 4. **Multidisciplinary Approach:** Integrate neurology, pulmonology, and psychiatry in sleep care.
 5. **Patient Management:** Provide long-term management and follow-up care.
 6. **Evidence-Based Practice:** Utilize research and clinical guidelines in decision-making.
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COURSE OUTCOMES (COS)

- **CO1:** Understand sleep physiology and sleep-wake cycles.
 - **CO2:** Diagnose various sleep disorders using clinical and diagnostic tools.
 - **CO3:** Interpret polysomnography and other sleep investigations.
 - **CO4:** Manage sleep disorders using medical and behavioral therapies.
 - **CO5:** Apply patient education and lifestyle modifications for sleep health.
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PROGRAM-SPECIFIC OUTCOMES (PSOS)

1. Demonstrate competency in sleep disorder diagnosis and management.
 2. Perform and interpret sleep studies and diagnostic evaluations.
 3. Apply integrated treatment approaches for sleep-related conditions.
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PROGRAM DETAILS

- **Certificate Awarded by:** Malla Reddy Vishwavidyapeeth
 - **Program Duration:** One-Year Fellowship
 - **Mode of Delivery:** Hybrid (Clinical Training + Theoretical Learning + Hands-on Practice)
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ELIGIBILITY CRITERIA

- **Academic Qualification:** MBBS / MD/DNB in General Medicine / Respiratory Medicine or related fields
 - **Professional Requirement:** As per institutional and regulatory guidelines
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KEY FEATURES

- Specialized training in sleep medicine and disorders

- Hands-on exposure to sleep studies and diagnostics
 - Focus on sleep-related breathing disorders and insomnia
 - Integration of neurology, psychiatry, and pulmonology
 - Patient-centered and evidence-based approach
 - Clinical exposure in sleep labs and healthcare settings
 - Training in advanced diagnostic technologies
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LEARNING OUTCOMES

KNOWLEDGE & UNDERSTANDING

- Comprehensive understanding of sleep physiology and disorders.
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COGNITIVE SKILLS

- Clinical reasoning and diagnosis of complex sleep conditions.
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PRACTICAL & PROFESSIONAL SKILLS

- Proficiency in sleep study interpretation and patient management.
 - Hands-on experience in sleep labs and clinical settings.
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TRANSFERABLE SKILLS

- Patient counseling and communication skills.
 - Clinical documentation and reporting.
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SUBJECT-SPECIFIC SKILLS

- Integrated management of sleep disorders using multidisciplinary approaches.
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CURRICULUM MODULES – THEORY

- Physiology of Sleep and Circadian Rhythms
- Classification of Sleep Disorders
- Sleep-Related Breathing Disorders (Sleep Apnea)
- Insomnia and Behavioral Sleep Disorders
- Neurological and Psychiatric Sleep Disorders
- Diagnostic Techniques (Polysomnography)
- Pharmacological and Non-Pharmacological Treatments
- Sleep Hygiene and Lifestyle Interventions
- Pediatric and Geriatric Sleep Disorders
- Advances in Sleep Medicine

PRACTICAL COURSEWORK

- Clinical exposure in sleep clinics and sleep laboratories
- Conducting and interpreting sleep studies
- Diagnosis and management of sleep disorders
- Patient counseling on sleep hygiene and lifestyle
- Use of diagnostic equipment such as polysomnography
- Case documentation and clinical evaluation
- Interdisciplinary patient care

CAREER OUTCOMES

Graduates of the Fellowship in Sleep Medicine can pursue careers as:

- Sleep Medicine Specialist
- Consultant in Sleep Clinics and Hospitals
- Respiratory and Neurology Sleep Specialist
- Clinical Practitioner in Multispecialty Hospitals
- Research and Academic Roles in Sleep Medicine
- Healthcare Consultant for Sleep Disorders

