

National School Of Sleep Medicine A-STEP Curriculum Overview

A-STEP Curriculum includes the following:

- Introduction to the history of sleep and an overview of sleep disorders and sleep medicine.
- Basic understanding of the nervous, respiratory, skeletal and cardiovascular systems as pertains to sleep disorders.
- Training in patient safety incorporating infection control techniques, fall precautions and recognizing emergencies.
- Basic understanding of involvement in quality improvement to enhance patient quality and safety in the future.
- Training in obtaining patient histories, interpersonal communication and management of the challenging patient.
- Training in patient confidentiality, informed consent, and discussion of HIPAA regulations.
- Awareness on the use of sleep questionnaires.
- Indications for sleep diaries and actigraphy.
- Basic understanding on the effects of common medications on sleep.
- Instruction in preparation of the patient and equipment for polysomnography.
- Instruction in preparation of the patient and equipment for out of center sleep testing.
- Introduce the student to polysomnographic recording, treatment equipment and electrical safety.
- Introduce the student to sleep stage scoring and polysomnographic event detection.
- Instruct the student in standard polysomnographic procedures, including the Multiple Sleep Latency Test and Maintenance of Wakefulness Test.
- Instruction in the application of positive airway pressure and supplemental oxygen as well as discussion of nocturnal ventilation.
- Instruction in the application of all available therapies for sleep related breathing disorders (i.e. PAP, Titration of Oral Appliance, ASV, AVAPS and other approved treatment modalities)