

CAS Certificate of Advanced Studies in Sleep, Consciousness and Related Disorders

Academy of Sleep and Consciousness (ASC)



Locations

Bern
Lugano
Wengen



Dates

October 2018 -
July 2019



Application Deadline

31.08.2018



Credits

10 ECTS

For more information:

www.europeansleepfoundation.ch



Università
della
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italiana

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UNIVERSITÄT
BERN

CAS Certificate of Advanced Studies in Sleep, Consciousness and Related Disorders

Academy of Sleep and Consciousness (ASC)

2018-2019



Ente Ospedaliero Cantonale



European Sleep Foundation

Why this CAS?

Sleep is a fascinating and still mysterious state of consciousness, which is mandatory for the metabolic balance of all the living beings. The number of people suffering from disorders of sleep and consciousness is extraordinarily high.

The consequences of sleep deprivation and sleep disorders include impaired physical and cognitive functions, social and emotional burden, significant decrease in performance and productivity and a critical financial load on the health system.

Thus, there is an urgent need for highly qualified and trained experts in sleep physiology and medicine.

To meet this demand, the University of Bern and Università della Svizzera italiana (USI) in collaboration with Ente Ospedaliero Cantonale, have developed with the support and patronage of the Swiss Sleep Society and European Sleep Research Society (ESRS) a postgraduate advanced course (CAS) in sleep, consciousness and related disorders.

Learning Objective

The educational program provides cutting-edge scientific and up-to-date clinical knowledge, as well as tools, skills and competences to understand sleep physiology, as well as diagnosis, treatment and managing of patients with disorders of sleep and consciousness.

At the end of the course you will:

- know and understand the basics of sleep medicine
- understand more advanced topics within sleep medicine
- know how to do a systematic literature research and qualitatively and quantitatively summarize and present existing studies
- differentiate the main categories of sleep and related disorders
- be familiar with the essential tools of diagnostics and therapies

Students that successfully complete the study programme will be awarded the title of *Certificate of Advanced Studies in Sleep, Consciousness and Related Disorders, Università Bern, Università della Svizzera italiana (CAS SCD Unibe USI)*.

Program Overview

The program offers a variety of efficient learning methods, such as face-to-face lectures, seminars and remote online learning. English is the official language of instruction.

The program is based on four different modules sustained by an international faculty of scientists experts in the fields of sleep medicine/research, consciousness and related disorders.

Lead Scientific committee:

- Prof. Claudio Bassetti
- Prof. Mauro Manconi
- Prof. Antoine Adamantidis
- Prof. Kaspar Schindler

Who can apply?

Diagnosis, treatment and management of disorders of sleep and consciousness requires a multidisciplinary approach. Our course is designed either for professionals already working in the corresponding area of medicine, or for graduates intending to specialize in these fields.

Eligible for the CAS are applicants with the following backgrounds:

- medical degree with or without specialization (general practitioners, neurologists, psychiatrists, pulmonologists, paediatricians, otorhinolaryngologists, internists, anaesthesiologists)
- dentists
- psychologists and neuropsychologists
- candidates with a bachelor degree in a biology and health related disciplines
- candidates with a bachelor in electrophysiology technique
- study nurses interested in sleep
- human and translational bio-researchers interested in sleep and consciousness.

Subject to the approval by the Senate of the University of Bern.