

Training in Sleep Medicine at Nithra Sleep and Health Care

Duration: 1 Year (Part-Time)

Our Institution is accredited by Indian Sleep Disorders Association (ISDA) and Indian Sleep Research Society (ISSR). Fellowship in Sleep Medicine at Nithra Sleep and Health Care (Nithra) provides structured academic, clinical, and practical training in Sleep Medicine. Upon successful completion of training at Nithra, candidates are prepared and strongly encouraged to appear for

- Fellowship in Sleep Medicine (FSM) exit exams conducted by Indian Sleep Disorders Association (ISDA).
- ISSR World Sleep Society (WSS) Sleep Specialist Certification Examination

It is the duty of Candidates to ensure that they check requirements and meet eligibility criteria for the above certifications. All others who satisfactorily complete the training but are not eligible to pursue these certifications will be given "Certificate of training in Sleep Medicine" from Nithra Sleep and Health Care

1. Academic Attendance

Online Learning

All registered trainees will be given free access to online learning modules on:

- Obstructive Sleep Apnea (OSA)
- Sleep-Disordered Breathing (SDB)
- Practical Polysomnography (PSG)

Completion of these modules is mandatory and is an important part of the fellowship curriculum.

Clinical Training

Fellows in-training are expected to:

- Take patient history and prepare clinical notes and present cases to the Sleep Consultant.
- Observe patient evaluation, treatment planning, and management discussion

Fellows in-training are expected to complete the required clinical visits during the training period.

This may include:

- One week (Monday to Saturday) every month, or
- Two days per week during the one-year program.

Regular clinical attendance helps to improve practical knowledge and patient care experience in Sleep Medicine.

In addition, trainees are expected to maintain at least 75% attendance in all online classes, webinars, case discussions, and teaching sessions that are periodically conducted by Nithra Sleep and Health Care.

2. Polysomnography (PSG) & PAP Therapy

- Fellows are expected to attend PSG sleep studies at Nithra to learn hook-up procedures and manual scoring.

- Fellows shall attend hands-on training sessions conducted by Respiratory Therapist (RT) on:
 - PAP device settings, masks selection and fitting, device usage and troubleshooting.
 - Patient counselling/education related to PAP therapy

4. Logbook Requirements

Fellows are required to maintain a logbook documenting:

- A minimum of 100 new patient evaluations and 100 follow-up patient consultations
- A minimum of 150 PSG/Sleep Studies and 15 Multiple Sleep Latency Test (MSLT) interpretations

6. Academic & Research Participation

Fellows are encouraged to actively participate in:

- Academic discussions, Case presentations, Paper and poster presentations during conferences

7. Non-Refundable Fee: Rs 50,000/- payable at the time of registration.

Mode of Payment: **Card/ Cash/ Bank transfer/ UPI**

Please note that there will not be any refund of fee partially or fully if candidate is unable or unwilling to pursue training after fee is paid

8. Professional Conduct

Fellows are expected to maintain:

- Professional ethics and patient confidentiality
- Punctuality and discipline
- Respectful communication with patients and healthcare professionals
- Compliance with institutional policies and protocols

Candidate Declaration

I hereby acknowledge that I have read and understood the expectations, responsibilities, and academic requirements of the Fellowship training in Sleep Medicine program conducted at Nithra Sleep and Health Care. I agree to comply with the institutional policies and actively participate in all fellowship activities during the training period.

Candidate Name

Qualification

Signature

Date