



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Approccio Multidisciplinare ai Markers Sonno-Correlati di Patologiche Sistemiche: dalla Diagnosi al Trattamento e Prognosi

2324-4-H4101D384

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#### Aims

The course aims to provide students with the tools necessary to understand the effects of sleep disorders in the context of others systemic diseases with a multidisciplinary approach.

#### Contents

Pathophysiology of sleep disorders in relationship with pathogenetic mechanisms of systemic diseases (cardiovascular, neurological, endocrinological and ventilatory)

Prognostic impact of sleep disorders and specific treatment effects

#### Detailed program

Sleep disorders and increased cardiovascular risk (arterial hypertension, arrhythmias, heart failure, ischemic heart disease, atherosclerosis)

Sleep disorders and neurological pathologies (stroke, dementia, tauopathies and synucleinopathies, mitochondriopathies, epilepsy)

Sleep disorders and endocrine-metabolic pathologies (diabetes mellitus, obesity, dyslipidemia)

Sleep disorders and respiratory diseases (COPD, Hypoventilation)

Treatment of sleep disorders with particular reference to:

Obstructive Sleep Apnea, Central Sleep Apnea, Insomnia, REM Sleep Behavior Disorder, NREM Parasomnias, Nocturnal Epilepsy, Restless Legs Syndrome and Periodic Movement Disorder in Sleep

## **Prerequisites**

Completion of the examinations of the third year of the course

## **Teaching form**

Lectures, case reports discussion and practical exercises

## **Textbook and teaching resource**

The AASM Manual for the Scoring of Sleep and Associated Events, February 2023  
ERS Handbook of Respiratory Sleep Medicine Edited by Maria R. Bonsignore, Winfried Randerath, Sophia E. Schiza and Anita K. Simonds  
Book | Published in 2023  
Contents from websit of Accademia Italiana di Medicina del sonno <https://sonnomed.it/>

## **Semester**

Second semester

## **Assessment method**

An oral discussion is employed to test students' knowledge assessment .

## **Office hours**

On appointment

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION

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