UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Multidisciplinary Approach and Sleep-Related Markers for Systemic Diseases: From Disgnosis...

2324-4-H4101D384

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, mitochrondriopathies, 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