



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Medicina del Sonno

2627-4-H4101D374

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#### Aims

The course aims to provide students with the tools necessary to understand physiology of sleep and the main sleep disorders, in order to complete the general medical education with a multidisciplinary approach.

#### Contents

Physiology of Sleep and Circadian Rhythms

Definition, outlines of pathophysiology, symptomatology, criteria and diagnostic procedure, therapy, complications and prognosis of sleep disorders

#### Detailed program

Anatomical structures and neurotransmitters involved in sleep physiology

Sleep regulation processes including the circadian rhythm and the homeostatic process

Sleep-related regulation of breathing and movement, autonomic and cardiovascular modulation during sleep

Polysomnographic techniques

Definition, outlines of pathophysiology, symptomatology, criteria and diagnostic procedure, therapy, complications and prognosis of sleep disorders, in particular: obstructive sleep apnoea, central sleep apnea, sleep hypoventilation, Insomnia, Rem Behavioural disorder, NREM parasomnia, Nocturnal epilepsy, Restless legs syndrome and periodic limb movements disorders

## **Prerequisites**

knowledge of physiology and anatomy

## **Teaching form**

Lectures (6h), interactive case reports discussion and practical exercises (2h)

## **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**

Course attendance and an oral discussion are employed to test students' knowledge assessment .

## **Office hours**

On appointment

[carolina.lombardi@unimib.it](mailto:carolina.lombardi@unimib.it)

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION

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