



Health Management Resources, Inc.

Pediatric Sleep Concepts Sample Itinerary

Day 1

9:00-9:30am.....	Program Introduction / Hx of Pediatric Sleep Current state of pediatric sleep...Where have we come?
9:30-10:30am.....	Human Growth and Development: Ages and Stages Describe normal physiological changes Describe Eriksons eight stages of psychosocial development Compare & contrast Erikson & Piaget
10:30-10:45am.....	Break
10:45-11:45am.....	Why a polysomnogram? An overview of conditions Reviewing reasons for pediatric referral to the sleep laboratory. Discuss syndromal, parasomnias and respiratory control issues
11:45am-12:45pm.....	Lunch
12:45am -2:45pm.....	Methodological aspects of pediatric sleep testing Discuss electrode placement; esophageal pH monitoring, Actigraphy, and use of CPAP Technical Tips
2:45-3:30pm.....	Carbon Dioxide Monitoring Uses for pediatric sleep medicine Identify types of carbon dioxide monitoring Discuss the purpose of CO ₂ monitoring Learn to interpret CO ₂ results
3:30-5:00pm.....	Pediatric Sleep Staging Compare sleep staging from infancy through adolescence



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Day 2

9:00-10:00am.....	Workshop: Record Review Pt 1 Interactive review of sample tracings
10:00-10:15am.....	Break
10:15-11:15am.....	Workshop: Record Review Pt 2 Interactive review of sample tracings
11:15-12:15pm.....	Workshop: Normal vs. Sleep Disordered Breathing
12:15-1:00pm.....	Lunch
1:00-2:15pm.....	CPAP Titration Methods Infant / Pediatrics Compliance
2:15-2:30pm.....	Break
2:30-4:00pm.....	Recognizing Seizures Discuss seizures in sleep View examples

Disclosure: All course itineraries that are sent out prior to courses are sample program itineraries. SHM reserves the right to change lecture times to accommodate guest lecturers. Start times or class end times will not vary more than ½ an hour.