



# ARTP

Association for  
Respiratory Technology  
& Physiology

## Advanced Sleep Course

**Thursday 19<sup>th</sup> & Friday 20<sup>th</sup> March 2026**

Venue: Leonardo Royal Hotel, Broad Street, Birmingham, B1 2HQ

### **Target Audience:**

Clinical physiologists/clinical Scientists and other healthcare professionals involved in diagnostic and therapeutic sleep services. Consultant and speciality registrar medical professionals in sleep medicine.

### **Aim:**

This two-day course will build on the foundations of the basic sleep course and will focus on the theory and practical aspects of diagnosing and treating both sleep breathing disorders and neurological sleep disorders. It will cover the physiology and pathophysiology of sleep disorders, related diagnostics and their treatments. The course will cover adult and paediatric sleep.

### **Learning Outcomes:**

By the end of the course delegates will:

1. **Explain the physiology of normal sleep across the lifespan**, including neurophysiological control mechanisms, sleep stages, circadian regulation and the interaction between sleep and respiratory control.
2. **Describe the pathophysiological mechanisms underlying adult and paediatric sleep breathing disorders**, including obstructive, central and hypoventilation syndromes.
3. **Differentiate the major categories of sleep disorders as defined by the ICSD**, including insomnia, sleep-related breathing disorders, central disorders of hypersomnolence, parasomnias, circadian rhythm sleep-wake disorders and sleep-related movement disorders.
4. **Select appropriate diagnostic investigations** (limited channel studies, full polysomnography, MSLT, actigraphy and related tests) based on clinical presentation and suspected diagnosis in both adults and children.
5. **Interpret the fundamental components of polysomnographic recordings**, including sleep staging, arousal scoring, respiratory event scoring and limb movement scoring in adults.
6. **Formulate evidence-based management strategies for sleep-related breathing disorders**, including CPAP, non-invasive ventilation modes, adaptive servo-ventilation, mandibular advancement devices and adjunctive therapies.

7. **Outline approaches to OSA management beyond CPAP**, including MAD, pharmacological treatments, HNS, Myofunctional Therapy & Surgery.
8. **Outline first-line management approaches for non-respiratory sleep disorders**, including behavioural therapies (e.g. CBT-I), circadian interventions, pharmacological treatments and safety strategies for parasomnias.
9. **Apply clinical reasoning to case-based scenarios**, integrating physiology, diagnostics and treatment principles to support safe and effective sleep service delivery.

**Speakers:**

MD	Matthew Davies	Lead Physiologist for Sleep
AK	Adrian Kendrick	Consultant Clinical Scientist
IS	Ian Smith	Consultant Physician
JK	Jasvinder Kaler	Senior Clinical Pharmacist
RS	Rachel Sharman	Senior Researcher in Experimental and Clinical Sleep Medicine
SI	Sriram Iyer	Consultant Respiratory Physician
TM	Trish Matharu	Clinical Scientist and Deputy Head of Service
VC	Vicky Cooper	Consultant Clinical Scientist
CF	Claire Francis	Clinical scientist and respiratory physiology deputy

**Exhibitors:**

Phillips
S-Med
Lowenstein Medical
SomnoMed UK
Stowood

<b>Day 1</b>		
<b>Time</b>	<b>Session</b>	<b>Speaker</b>
09:15	<b>Coffee &amp; Registration</b>	
09:40	Welcome	Matthew Davies
09:45	Sleep from Conception to Death	Adrian Kendrick
10:30	The Neurophysiology of Sleep	Ian Smith
11:15	The Circadian Rhythm and Circadian Rhythm Sleep-Wake Disorders	Ian Smith
12:00	<b>Lunch &amp; Manufacturer Exhibition</b> <i>Lunch served 12:00-13:00</i>	
13:25	Sleep-Related Movement Disorders	Jasvinder Kaler
14:10	Insomnia: Diagnosis and Treatment	Rachel Sharman
14:55	<b>Refreshments &amp; Manufacturer Exhibition</b>	
15:25	Parasomnias	Sriram Iyer
16:10	Central Disorders of Hypersomnolence	Sriram Iyer
16:55	Review	Faculty
17:10	Close	

<b>Day 2</b>		
<b>Time</b>	<b>Session</b>	<b>Speaker</b>
08:30	<b>Coffee &amp; Registration</b>	
09:00	Welcome	Matthew Davies
09:05	Sleep breathing disorders in adults	Trish Matharu
09:40	Sleep breathing disorders in children	Matthew Davies
10:15	Sleep diagnostics - beyond limited channel sleep studies	Trish Matharu
11:00	<b>Refreshments &amp; Manufacturer Exhibition</b>	
11:30	Management of OSA – beyond CPAP	Vicky Cooper
12:15	Introduction to Non-Invasive Ventilation (NIV): Modes, Settings & Indications	Claire Francis
13:00	<b>Lunch &amp; Manufacturer Exhibition</b> <i>Lunch served 13:00-14:00</i>	
14:15	Management of Central Sleep Apnoea (CSA)	Vicky Cooper
15:00	Introduction to PSG Scoring in Adults	Vicky Cooper
16:00	Review	Faculty
16:15	Close	



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