

# ARTP Basic Sleep Course

**Friday 24<sup>th</sup> July 2026**

Venue: Birmingham City Centre

## **Target Audience:**

PTP graduates, STP direct entry students and respiratory physiologists and assistants working at Bands 3-6 level that may be part of an existing sleep service, or Band 6 and above who wish to start a new service.

## **Aim:**

This one day course will focus on the theory and practical aspects of sleep breathing disorders and will cover the physiology and pathophysiology of sleep breathing disorders, related diagnostics and their treatments.

## **Learning Outcomes:**

By the end of the course delegates will:

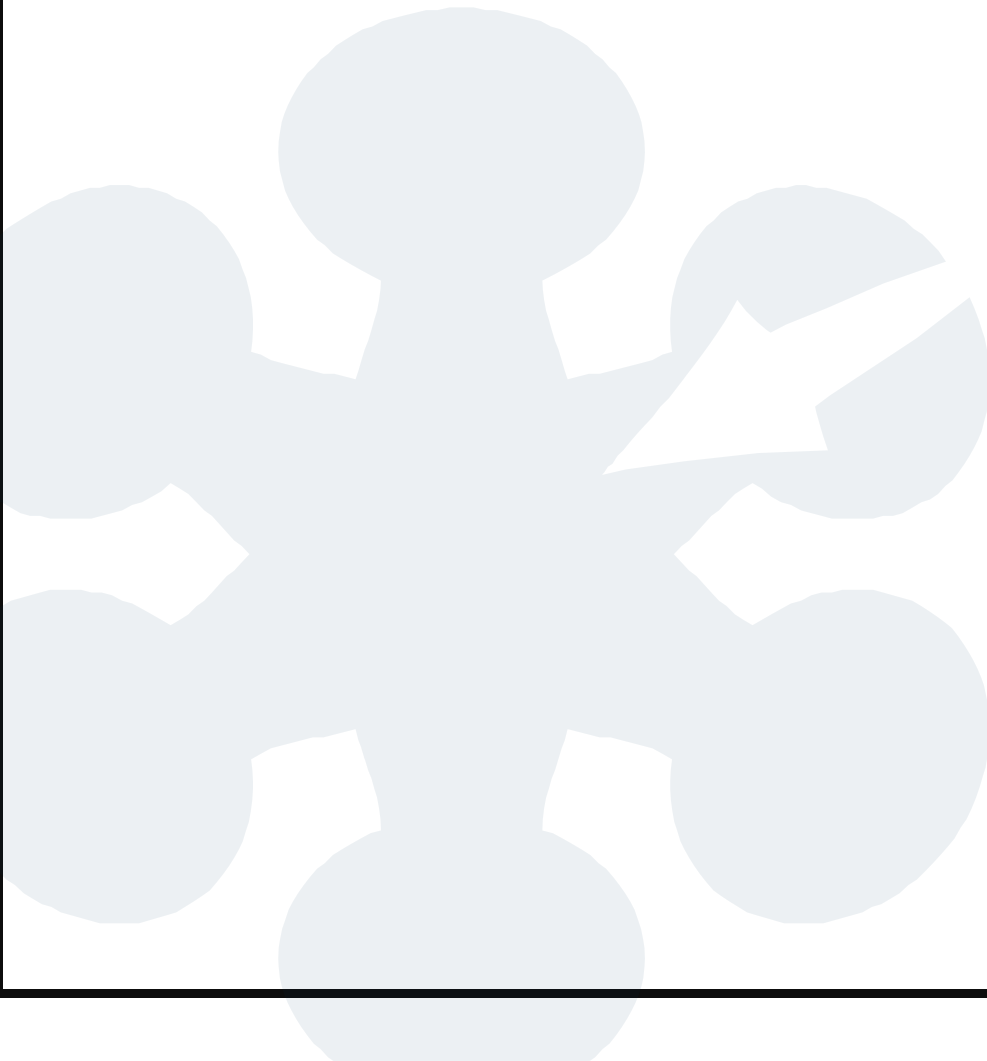
- Understand the stages of sleep, the normal patterns of sleep in health and the interaction between sleep and breathing responses.
- Be able to define sleep breathing events, and understand the common clinical terms used in sleep clinics.
- Know and understand the main sleep breathing disorders, their defining criteria and the pathophysiology behind them.
- Understand how signals on a range of diagnostic devices work and how to set patients up.
- Understand clinical features of sleep breathing disorders, the main presentation pathways and reasons behind them.
- Know the principles of CPAP in OSA treatment, understand how to improve patient compliance and troubleshooting/solutions to common problems.
- Understand how to set up subjects on CPAP masks and get an excellent fit.
- Understand how to set up subjects on CPAP devices.

**Faculty to delegate ratio - 1:7**

**Teaching format** - Lectures, practical, demonstrations and sessions, interactive interpretation, real-life case studies and open discussion.



**Speakers: TBC**





## Course Programme

# ARTP Fundamentals of Sleep Course

Friday July 24<sup>th</sup> Birmingham City Centre

Time	Session	Speaker
8.45am	Registration	
9.10am	Introduction To the Day	Matthew Davies
9:15am	Physiology Of Normal Sleep and Breathing	
9.50am	Pathophysiology Of Sleep Breathing Disorders	
10.25am	Refreshment Break and Exhibition	
10:40am	Diagnostic Equipment for Sleep Breathing Disorders	
11.15am	Polygraphy Scoring	
12.00pm	Lunch and Exhibition	
12:45pm	Paediatric Sleep	
1.15pm	Treating OSAH	
2:00pm	Refreshment Break and Exhibition	
2:15pm	Practical Workshops Station 1: Polygraphy Scoring Station 2: Patient Setup, CPAP Masks, Devices & Compliance	
4:15pm	Case Studies	
4:55pm	Summary of Day	Matthew Davies
5:00pm	FINISH	