



**LAUNCH DATE**  
**15TH JULY 2026**



# **IAPNRC PEDIATRIC SLEEP COURSE -** **SleepWise**



## **KEY HIGHLIGHTS**

- **Course registration starts from** – 20<sup>th</sup> June 2026
- **Course registration ends on** – 2<sup>nd</sup> July 2026
- **Course Start Date** – 15<sup>th</sup> July 2026
- **Duration** - 3 months
- **Course fee** - ₹10,000/- INR (non-refundable).
- **13 online** weekly sessions (3 months)
- **2 Days** personal contact session
- Limited to **50 PARTICIPANTS ONLY**
- **Eminent national & international faculties will be invited as session experts.**



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# **SleepWise**

## **WHY CHOOSE A SLEEP COURSE?**

Sleep is fundamental to a child's growth, neurocognitive development, immunity, and overall health. Sleep disorders are increasingly recognized in children, yet often remain underdiagnosed in routine pediatric practice. IAP NRC plans to start this course towards its commitment to improvise sleep & respiratory health in children.

This comprehensive sleep certification course is designed to equip participants with the knowledge and practical skills required to identify, evaluate, and manage common pediatric sleep disorders. The course will enable delegates to confidently integrate sleep medicine into everyday clinical practice.

**REGISTER NOW**



[https://lms.iapnrc.com/cms/add\\_Participant\\_front.php](https://lms.iapnrc.com/cms/add_Participant_front.php)



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# SleepWise

## TARGET AUDIENCE

- PEDIATRIC PULMONOLOGISTS
- PEDIATRIC PULMONOLOGY FELLOWS
- PEDIATRICIANS
- PEDIATRIC NEUROLOGISTS
- DEVELOPMENTAL PEDIATRICIANS
- ENT SPECIALISTS
- PSYCHIATRISTS

## FORMAT

### 13 ONLINE SESSIONS

- CONDUCTED EVERY WEDNESDAY
- TIME: 9:00 PM – 10:00 PM
- ALL SESSIONS WILL BE AVAILABLE FOR VIEWING FOR THE DURATION OF COURSE

### 2-DAY IN-PERSON CONTACT SESSION

- SCHEDULED IN OCTOBER, 16-17TH AT SRCC MUMBAI
- CASE DISCUSSION
- FEW LECTURES
- HANDS ON SESSION- PSG, SCORING OF SLEEP STUDY, NIV- MACHINES/ INTERFACES/SETTINGS

### ASSESSMENT & CERTIFICATION

- EXIT EXAMINATION
- CERTIFICATION AWARDED UPON SUCCESSFUL COMPLETION OF THE COURSE

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## *TOPICS TO BE COVERED*

|                     |                                                                                  |
|---------------------|----------------------------------------------------------------------------------|
| <b>MODULE 1</b>     | <b>OVERVIEW OF SLEEP AND SLEEP PHYSIOLOGY</b>                                    |
| <b>MODULE 2</b>     | <b>SLEEP DEPRIVATION AND SLEEP HYGIENE</b>                                       |
| <b>MODULE 3</b>     | <b>SPECTRUM OF SLEEP DISORDERS IN CHILDREN</b>                                   |
| <b>MODULE 4</b>     | <b>EVALUATION AND ASSESSMENT OF SLEEP DISORDERS</b>                              |
| <b>MODULE 5</b>     | <b>BEHAVIORAL INSOMNIA OF CHILDHOOD</b>                                          |
| <b>MODULE 6</b>     | <b>PARASOMNIAS AND SLEEP-RELATED MOVEMENT DISORDERS</b>                          |
| <b>MODULE 7</b>     | <b>FUNDAMENTALS OF POLYSOMNOGRAPHY (PSG)</b>                                     |
| <b>MODULE 8</b>     | <b>SLEEP-DISORDERED BREATHING AND OBSTRUCTIVE SLEEP APNEA (OSA)</b>              |
| <b>MODULE 9</b>     | <b>COMPLEX OBSTRUCTIVE SLEEP APNEA</b>                                           |
| <b>MODULE 10</b>    | <b>SLEEP-RELATED HYPOVENTILATION AND CENTRAL SLEEP APNEA SYNDROMES</b>           |
| <b>MODULE 11</b>    | <b>CIRCADIAN RHYTHM SLEEP-WAKE DISORDERS AND APPROACH TO HYPERSOMNOLENCE</b>     |
| <b>MODULE 12-13</b> | <b>HOME NON-INVASIVE VENTILATION (NIV) FOR SLEEP DISORDERS – PART I, PART II</b> |



# KNOW YOUR FACULTIES



SleepWise



**Dr Indu Khosla**  
Course Convenor  
No. 9820144593



**Dr Sanjay Bafna**  
Course Co-ordinator  
No. 9823005044



**Dr Ankit Parikh**  
Core faculty



**Dr Ilin kinimi**  
Core faculty



**Dr Aanchal Khemani**  
Session Coordinator

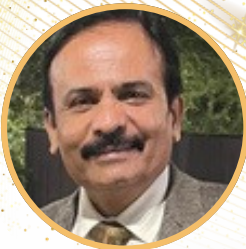


**Dr V Abhinaya**  
Session Coordinator



**Dr Tanvi Modi**  
Session Coordinator

## BEST REGARDS FROM



**Dr Jayant Joshi**  
Chairperson IAP-NRC



**Dr NP Modi**  
Honorary Secretary  
IAP-NRC



**Dr Mukesh Gupta**  
CHAIRPERSON ELECT,  
IAP NRC



**Dr S. S. Rawat**  
IMMEDIATE PAST  
CHAIRPERSON, IAP  
NRC

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