

**Vocational School / Electroneurophysiology**  
**2024 - 2025 Academic Year**  
**OTHER SUBJECTIVE and OBJECTIVE SLEEP TESTS**  
**Syllabus**

Course Description						
Name	Code	Semester	T+A Hour	Credit	ECTS	
OTHER SUBJECTIVE and OBJECTIVE SLEEP TESTS		EFZ2226930	Spring Semester	1+0	1	3
<b>Prerequisites Courses</b>						
<b>Recommended Elective Courses</b>						
<b>Language of Instruction</b> Turkish						
<b>Course Level</b> Short Cycle (Associate's Degree)						
<b>Course Type</b> Elective						
<b>Course Coordinator</b> Assoc.Prof. Özge ARICI DÜZ						
<b>Name of Lecturer(s)</b> Assoc.Prof. Nesrin HELVACI YILMAZ						
<b>Assistant(s)</b>						
<b>Aim</b> Providing knowledge about pre and post sleep tests for the purpose of treating sleep disorders.						
<b>Course Content</b> This course contains; 1.Specifications of scoring sleep stages,2.Arousal scoring in sleep,3.Scoring movement disorders in sleep,4.Multiple sleep latency test (mslt) application,5.Multiple awakesness test (mwt) application,6.Actigraphy,7.Subjective sleep tests Epworth,8.Subjective sleep tests, Pittsburg sleep quaiity test application and scoring,9.Pre and post sleep tests,10.Stanford spleepiness/tiredness tests,11.Emergency cases during PSG recording,12.Extra filming needed for patients with RBD,13.Leg movements in awakesness (PLW) and restless legs syndrome,14.Respiration scoring in children in PSG cases..						
<b>Course Learning Outcomes</b>			<b>Teaching Methods</b>	<b>Assessment Methods</b>		
1. To define the PSG, sleep, and its stages			16, 6, 9	A		
2. To define of sleep disturbances			16, 6, 9	A		
<b>Teaching Methods</b> 16: Question - Answer Technique, 6: Experiential Learning, 9: Lecture Method						
<b>Assessment Methods</b> A: Traditional Written Exam						
<b>Lecture Schedule</b>						
<b>Sequenc e</b>	<b>Topics</b>	<b>Preliminary Preparation</b>				
1	1.Specifications of scoring sleep stages					
2	2.Arousal scoring in sleep					
3	3.Scoring movement disorders in sleep					
4	4.Multiple sleep latency test (mslt) application					
5	5.Multiple awakesness test (mwt) application					
6	6.Actigraphy					
7	7.Subjective sleep tests Epworth					
8	8.Subjective sleep tests, Pittsburg sleep quaiity test application and scoring					
9	9.Pre and post sleep tests					
10	10.Stanford spleepiness/tiredness tests					
11	11.Emergency cases during PSG recording					
12	12.Extra filming needed for patients with RBD					
13	13.Leg movements in awakesness (PLW) and restless legs syndrome					
14	14.Respiration scoring in children in PSG cases.					
<b>Evaluation Methods</b>		<b>Weight(%)</b>				
Midterm Exam		40				
General Exam		60				

Resources
Lecturer's own notesTürk uyku tıbbi derneği yayınları 1.AASM yayınlarının tercümesi-Uyku teknolojisinin temelleri 2.Uyku ve ilişkili olayların skorlaması