



SLEEP CON 2016

Under the Aegis of INDIAN SLEEP DISORDERS ASSOCIATION



WORKSHOP ON EVALUATION AND MANAGEMENT OF CHRONIC INSOMNIA & PARASOMNIAS

Insomnia

Evaluation
Epidemiology and pathophysiology
Differential Diagnosis
Pediatric Insomnia
CBT
Pharmacotherapy

Parasomnias

RBD- diagnosis
RBD in parkinsonism
Sleep Terrors – Confessional arousals
Differentiating Parasomnias and Seizure
Uncommon parasomnias
Video marathon

Discussion by Neuro Physicians of
repute on
25th March, 2016
India Habitat Centre
New Delhi: 9.00 AM to 6.00 PM



Dr Ramadevi Gourineni

Course Director - Insomnia
Adjunct Associate Professor of Neurology
Northwestern University, USA

For registration please visit: [www.http://sleepcon2016.isda.co.in](http://sleepcon2016.isda.co.in)

CONFERENCE SECRETARIAT

Room No: 403, Casualty building IIIrd floor, Ward-32,
Department of Pulmonary, Critical Care & Sleep Medicine,
Safdarjang Hospital, Ansari Nagar, New Delhi-110029

Ph No: 011-26190958, 011-26707466

Email: sleepcon2016@gmail.com



Prof Garima Shukla

Course Director – Parasomnias
Subspecialty coordinator - Neurology
In-charge, Sleep disorders clinic, Department of Neurology,
AIIMS, New Delhi

WORKSHOP ON EVALUATION AND MANAGEMENT OF CHRONIC INSOMNIA & PARASOMNIAS

(25th March 2016)

**SLEEP CON 2016,
MARCH 25TH-27TH 2016
NEW DELHI**



India Habitat Centre

Lodhi Road

New Delhi-110003

Phone: +91-011-24682001-05

Fax: +91-011-24682010

Email: info@indiahabitat.org

INSOMNIA Chairpersons : Dr Suresh Kumar & Dr Bhawna Kaul

Speaker	Topic	Time
Dr Ramadevi Gourineni	Evaluation of insomnia	09.00-09.30
Dr Dipak Bhattacharya	Epidemiology and pathophysiology of insomnia	09.30-10.00
Dr Ramadevi Gourineni	Differential Diagnosis - Not all insomnia are the same	10.00-11.00
COFFEE		
Dr Garima Shukla	'Why some children don't "sleep like a child"? ' - clinical and lab based evaluation of Pediatric insomnia	11.30-12.00
Dr Ramadevi Gourineni	Cognitive behavioral therapy of insomnia	12.00-12.30
Dr Manjari Tripathi	Pharmacotherapy of Insomnia	12.30-13.00
LUNCH		

PARASOMNIAS Chairpersons: Gagandeep Singh (Secretary), IAN and Dr Vinod Puri (Prof. Neurology – G P Panth Hosp)

Speaker	Topic	Time
Dr Carlos Schenck	REM sleep behavior disorder – clinical diagnosis, questionnaires and the importance of knowledge on RBD for public health	14.00-14.30
Dr Garima Shukla	REM sleep behavior disorder – essentials of Video-polysomnographic diagnosis	14.30-15.00
Dr Ravi Yadav	REM sleep behavior disorder in the Parkinsonian spectrum (PD, MSA, DLBD, SCAs)	15.00-15.30
Dr Suresh Kumar	Understanding the phenomenology and clinical importance of confusional arousals, sleep terrors and somnambulism	15.30-16.00
COFFEE		
Dr Chaturbhuj Rathore	Differentiating NREM Parasomnias from seizures and seizure mimics	16.30-17.00
Dr Carlos Schenck	Some less common parasomnias and medico-legal aspects of the parasomnias	17.00-17.30
Dr Paresh Zanzmera, Dr Elavarasi, Dr Carlos Schenck, Dr Anupama Gupta	Video marathon – identifying the parasomnia and diagnosis defense (multiple participants)	17.30-18.00