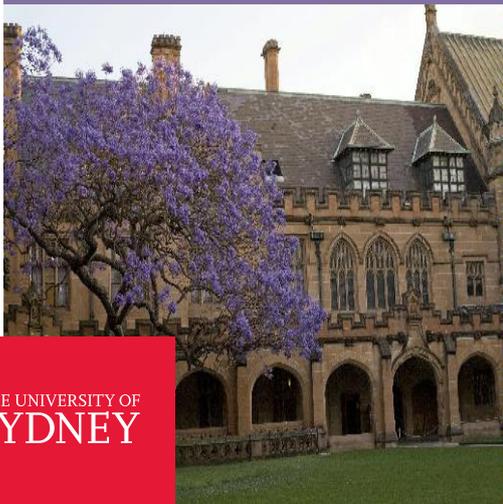


# POSTGRADUATE DEGREE PROGRAMS IN SLEEP MEDICINE



The Graduate Diploma and Masters in Sleep Medicine courses are academic programs for those wishing to formalise their training and enhance their career prospects in the field of Sleep Medicine.

## OVERVIEW

Sleep disorders are now recognised as a major public health issue across the world, impacting individual health and quality of life, the community at large, and the health system. This has led to the rapid evolution of a new clinical field of Sleep Medicine.

It is only in the last 50 years that scientists and clinicians have embarked on the systematic study of the biology and disorders of sleep. Remarkable advances in the neurophysiology of normal sleep and in circadian biology, the discovery of the genes that regulate these biological rhythms, and recognition of the interactions between sleep and almost all other body systems have emanated from diverse disciplines.

This broad and diverse intellectual input has created the need for new educational programs to address the workforce requirements of this rapidly expanding research and clinical field. The Degree Programs in Sleep Medicine have been developed to address this current gap, by providing comprehensive and contemporary education through a distance education platform.

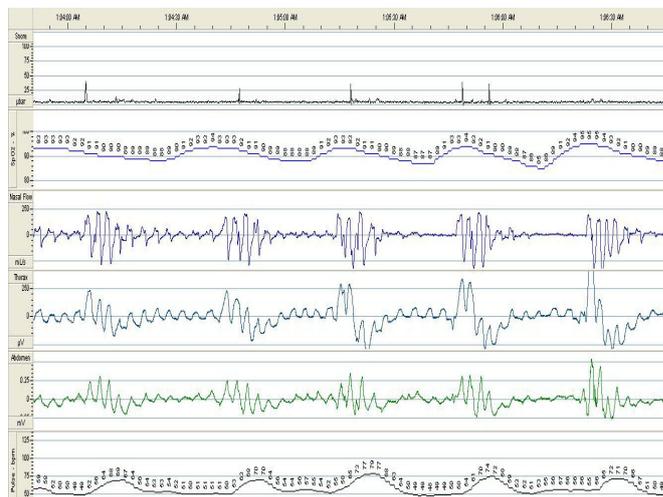
## SLEEP MEDICINE @ SYDNEY

Since the 1970s, our academic faculty have been dedicated to researching the mechanism and function of sleep, the pathophysiology of sleep disorders and their treatment, the development of tools and techniques for monitoring sleep, and have been leaders in the professional development of the field of clinical sleep medicine in Australia and internationally.

Such contributions include the invention of positive pressure treatment for sleep-related breathing disorders (Professor Colin Sullivan), elucidation of the endocrine and metabolic consequences of sleep-disordered breathing and the neurobiology of sleep loss (Professor Ron Grunstein), early recognition of the link of sleep disorders with cardiovascular diseases (Professor Ian Wilcox), delineation of fundamental mechanisms of upper airway pathophysiology in sleep apnea (Professor John Wheatley), recognition and development of the role of oral appliances in the treatment of obstructive sleep apnea (Professor Peter Cistulli), pioneering work and development of the field of paediatric sleep medicine (Professor Karen Waters), and modelling of sleep processes and circadian biology (Professor Peter Robinson).

This rich history of achievement and excellent mentorship has vastly expanded this interdisciplinary field across the University, resulting in the establishment of a separate Discipline of Sleep Medicine by The Faculty of Medicine. The Postgraduate Programs in Sleep Medicine are a core activity of the Discipline, and draw on a world-class faculty from across the University and its affiliated Hospitals and Institutes.

The programs combine theoretical, clinical, and research aspects of Sleep Medicine into a comprehensive educational experience that enhances career prospects in this exciting field. The individual courses provide a sound basis for vocational training in Sleep Medicine and are suitable for those already working in the field who seek to formalise and expand their knowledge, or for those wishing to undertake a career change.



## COURSE STRUCTURE AND DELIVERY

This is an online course and is available as part-time enrolment only.

### Lecture Material

Lectures are pre-recorded and presented in a Flash™ format for viewing in any web browser. Core course work is supplemented with elective units focussing on paediatric and adult aspects of sleep medicine.

All students enrol into the Graduate Diploma and, if desired, transfer into the Masters Degree dependant on satisfactory progress.

### Reading

The required text is the Principles and Practice of Sleep Medicine (4th or 5th editions). Additional reading material is provided but self-directed reading is essential.

### Assessment Tasks

Short quizzes are provided for each unit of study and there is one online exam at the end of each semester. One essay is required each semester and there may be additional assessment tasks depending on the units of study enrolled in.

### Practical Assessment

The scoring and reporting of sleep studies is performed as oral presentations.

## STUDENT PROFILE

Students include medical graduates (both general practitioners and specialists), nurses, physiotherapists, dentists, sleep technicians and those employed within the sleep industry.

Approximately 40% of our students are from overseas and are located in the USA, UK, New Zealand, Singapore and Hong Kong.

## ADMISSION REQUIREMENTS

Admission to the program normally requires a bachelors degree in an appropriate discipline (such as biology or a health science) with first or second class honours from the University of Sydney or another approved institution.

Candidates are also required to have a minimum of one year postgraduate experience in the field of sleep medicine. If candidates do not have an honours degree, they may be admitted on a case by case basis

## APPLICATION

All applications are made through the online student management system. There is an intake of new students at the beginning of first and second semesters each year.

All details, including fees and application links, are available at the following URLs:

### Graduate Diploma in Sleep Medicine

<http://sydney.edu.au/courses/programs/sleep-medicine/Graduate-Diploma-in-Sleep-Medicine>

### Master of Medicine (Sleep Medicine)

<http://sydney.edu.au/courses/programs/sleep-medicine/Master-of-Medicine-Sleep-Medicine>

### Master of Science in Medicine (Sleep Medicine)

<http://sydney.edu.au/courses/programs/sleep-medicine/Master-of-Science-in-Medicine-Sleep-Medicine>

## COURSE DIRECTORS

Professor Colin Sullivan

Professor Peter Cistulli, Head of Discipline of Sleep Medicine

FOR MORE INFORMATION CONTACT

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<http://sydney.edu.au/medicine/sleep>



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