

THE INDIAN BOARD OF SLEEP MEDICINE

TRANSITIONAL BOARD CERTIFICATION EXAMINATION

FOR INDIAN SLEEP SPECIALISTS

Applications are invited for THE INDIAN BOARD OF SLEEP MEDICINE- TRANSITIONAL BOARD CERTIFICATION EXAMINATION FOR INDIAN SLEEP SPECIALISTS” to be held in April 2012.

Background of the Examination: Sleep medicine is practised by physicians and surgeons of various disciplines utilizing their expertise. Therefore it is necessary that each sleep medicine practitioner has comprehensive knowledge about sleep science and sleep medicine. **The American Academy of Sleep Medicine (AASM)** has offered to assist in starting International Sleep Medicine Board Certification in eight countries outside the USA, including India. The AASM recommended that each of these countries establish a 5-10 member Board Examination Committee and to designate a chair of the committee. A ten member **Indian Board of Sleep Medicine** headed by a Chair has been recently constituted by the Indian Society for Sleep Research, for this purpose. This committee is responsible for setting the qualifications to appear for the examination, ensuring that a given candidate is eligible to sit for the examination, determining the examination pass point, and for signing and distributing the certificates of completion. **The AASM will provide an initial examination to the Indian Board of Sleep Medicine.**

The Examination: The AASM recently developed an examination that consists of 125 questions and the language of the examination is ENGLISH.

The examination will cover the following topics:

- Physiology in Sleep
- Disorders Unique to Childhood
- Normal Sleep and its Variants
- Pharmacology
- Monitoring Sleep
- Sleep in other disorders
- Circadian Rhythm Disorders
- Insomnia
- RLS/PLMD
- Parasomnias
- Sleep Disordered Breathing
- Narcolepsy and Other Somnolence Disorders

Certification: The Certificate will be issued by the Indian Society for Sleep Research for the candidate passing “THE INDIAN BOARD OF SLEEP MEDICINE-TRANSITIONAL BOARD CERTIFICATION EXAMINATION FOR INDIAN SLEEP SPECIALISTS”. The certificate will be valid for 10 years from the date of issue.

ELIGIBILITY REQUIREMENTS to appear for the examination

Basic qualification: MBBS degree (recognized by Medical Council of India) with two years of clinical experience

Essential Experience:

The candidates must have:

1. Interpreted 100 PSG and 5 MSLT
 2. Six months experience in an identified sleep centre or with a mentor.
- **Screening of the candidates** – Application of the candidates will be screened by a four member committee from the Board to verify their eligibility to appear for this examination.
 - **Fee for the examination** is Rs. 30,000/- which is non-refundable. However if the candidate is found unsuitable by the screening committee an amount of Rs 3000 will be deducted and the rest will be refunded. The fee is to be paid by Demand Draft drawn in favour of " Indian Society for Sleep Research" payable at State Bank of India, Ansari Nagar, New Delhi.
 - **The application form along with demand draft for Rs 30000 is to be sent by REGISTERED POST to Dr HN Mallick, Professor, Dept of Physiology, AIIMS, Ansari Nagar, New Delhi, 110029. The application form can be downloaded from www.issr.in. The last date of application is December 10, 2011.**

Recommended Institute/hospitals for gaining experience in Sleep Medicine/PSG

1. All India Institute of Medical Sciences, New Delhi
2. Jaslok Hospital, Mumbai
3. Medanta, Medicity, Gurgaon
4. National Institute of Mental Health and Neurosciences, Bangalore
5. Suchitra Tirunal Institute of Medical Sciences, Thiruvananthapuram

APPLICATION FORM

For

Indian Board of Sleep Medicine Certification Examination APRIL 2012

Fix passport size

Photo here

1. Name of the applicant (Block Letters):

(Last) _____ (Middle) _____ (First) _____

2. Nationality :

3. Date of Birth

4. **Qualification/ Experience::**

Qualification	College/Institute passed from	Year of passing	Medical Council Registration Number
Experience	Sleep Clinic/Institute	From	To
PSG	Number		
MSLT			

5.. Address : _____

Tel. _____ Fax: _____ Email: _____

I am herewith enclosing a * DD No. _____ dated _____

on _____ Bank for Rs. _____ (Rupees _____

_____ only) towards examination fee drawn in favour of Indian Society for Sleep Research, payable at New Delhi.

Yours faithfully,

Signature