



COMPREHENSIVE SLEEP MEDICINE MASTERY COURSE 2026

India's Flagship Practical Sleep Medicine Training Program
(now in its Fifth Edition)



ADMISSIONS OPEN



STARTS FROM MID-MAY 2026

Welcome Message from **Prof. (Dr.) J. C. Suri**

Over the last three decades, I have seen sleep medicine in India grow from an unknown subject into an essential part of modern clinical practice. Yet, even today, most physicians learn sleep medicine in fragments, through workshops, short courses, or device-driven training. This often creates knowledge, but not confidence. This course was created to solve that problem.



The Comprehensive Sleep Medicine Mastery Course is not designed as a series of lectures. It is designed as a clinical training journey. The aim is simple. When you finish this course, you should be able to run a sleep clinic and a sleep laboratory safely, independently, and ethically. You should know how to evaluate patients, choose the right investigation, interpret studies, write reports that guide treatment, start and manage therapy, and handle failures and follow-up.

Over the past editions, this program has evolved based on feedback from hundreds of participants and on real problems faced in daily practice. The 2026 edition places even greater emphasis on structured clinical thinking, interpretation skills, and practical workflow. It begins from the basics and takes you step by step to advanced and complex decision making.

Sleep medicine is not about machines. It is about patients. It is about decisions. It is about long-term care. This course is built around that philosophy.

I look forward to guiding you through this learning journey.

PROF. (DR.) J. C. SURI

COURSE DIRECTOR

Director and Head, Department of Pulmonary, Critical Care and Sleep Medicine, Sitaram Bhartia Institute of Science and Research, Qutab Institutional Area, New Delhi

Formerly Consultant, Professor, and Head, Department of Pulmonary, Critical Care and Sleep Medicine, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi

Founder President, and Chairman, Indian Sleep Disorders Association Editor-in-Chief, Indian Journal of Sleep Medicine

Welcome Message from Philips

Mr. Ganesh Natarajan

Philips, a leading player in health technology, is on a mission to improve 2.5 billion lives every year by 2030. Our approach is to enhance people's health and well-being through meaningful innovations, driven by the needs of patients and health care professionals.

Sleep Care has been a key area of focus for Philips, offering a broad range of solutions across sleep diagnostics, therapy devices, software and monitoring solutions.



The scale of the problem in India is striking. Research suggests that over 104 million Indians suffer from obstructive sleep apnea (OSA), with nearly 47 million experiencing mild to moderate forms of the disorder. Even more concerning is the fact that nearly 85 percent of working-age adults with OSA remain undiagnosed, silently living with a condition that disrupts breathing, fragments sleep, and strains the cardiovascular system night after night.

Equally important is the growing collaboration across medical specialties in addressing sleep disorders. While pulmonologists and Sleep physicians have traditionally led treatment efforts, there is now increasing involvement from ENT surgeons, dentists, neurologists, and other clinical specialists. This multidisciplinary approach reflects a deeper understanding that sleep health intersects with multiple areas of medicine, from respiratory function to neurological health and dental anatomy.

The 'Comprehensive Sleep Course' is brought to you by 'Academy of Pulmonary Critical Care & Sleep Medicine' (APCCSM) & Philips Academy under the aegis of Indian Sleep Disorders Association (ISDA), and via this course, we aim to build the next generation of Sleep practitioners in India.

The academic agenda for this course is carefully curated by stellar faculty and in-house clinical experts based on the experiences and learning from clinician trainings conducted across India for over a decade. The course was started in October 2020, and the last four batches have garnered immense acclaim with over >250 clinicians participating from several faculties of medicine, such as Pulmonology, Neurology, ENT, Physiology, Dentistry, and General Medicine.

We at Philips are excited to bring the fifth edition of this course in 2026 as a transformative opportunity. Let me share a brief glimpse of what awaits you. Comprehensive curriculum covering a broad range of topics required for setting-up of sleep practice and providing the best-in-class care to your patients. Interactive learning with conveniently delivered live lectures, dynamic discussions, and case studies, along with an option for hands-on learning as well.

As Philips, continuing our approach of serving patients through clinicians, we take pride in contributing to your learning and professional journey through this course and beyond. With our pan-India network of clinical team, sales, and service support personnel, you can rely on us as your academic partner in every step of your sleep practice.

As upcoming sleep clinicians in India, we wish you all the success in shaping the sleep care practice focused on the needs of patients we serve. With best regards, on behalf of Philips India Ltd

MR. GANESH NATARAJAN

**BUSINESS LEADER - SLEEP & RESPIRATORY CARE
INDIA SUBCONTINENT**

Welcome Message from President of Indian Sleep Disorders Association **Dr. Vikram Sarbhai**



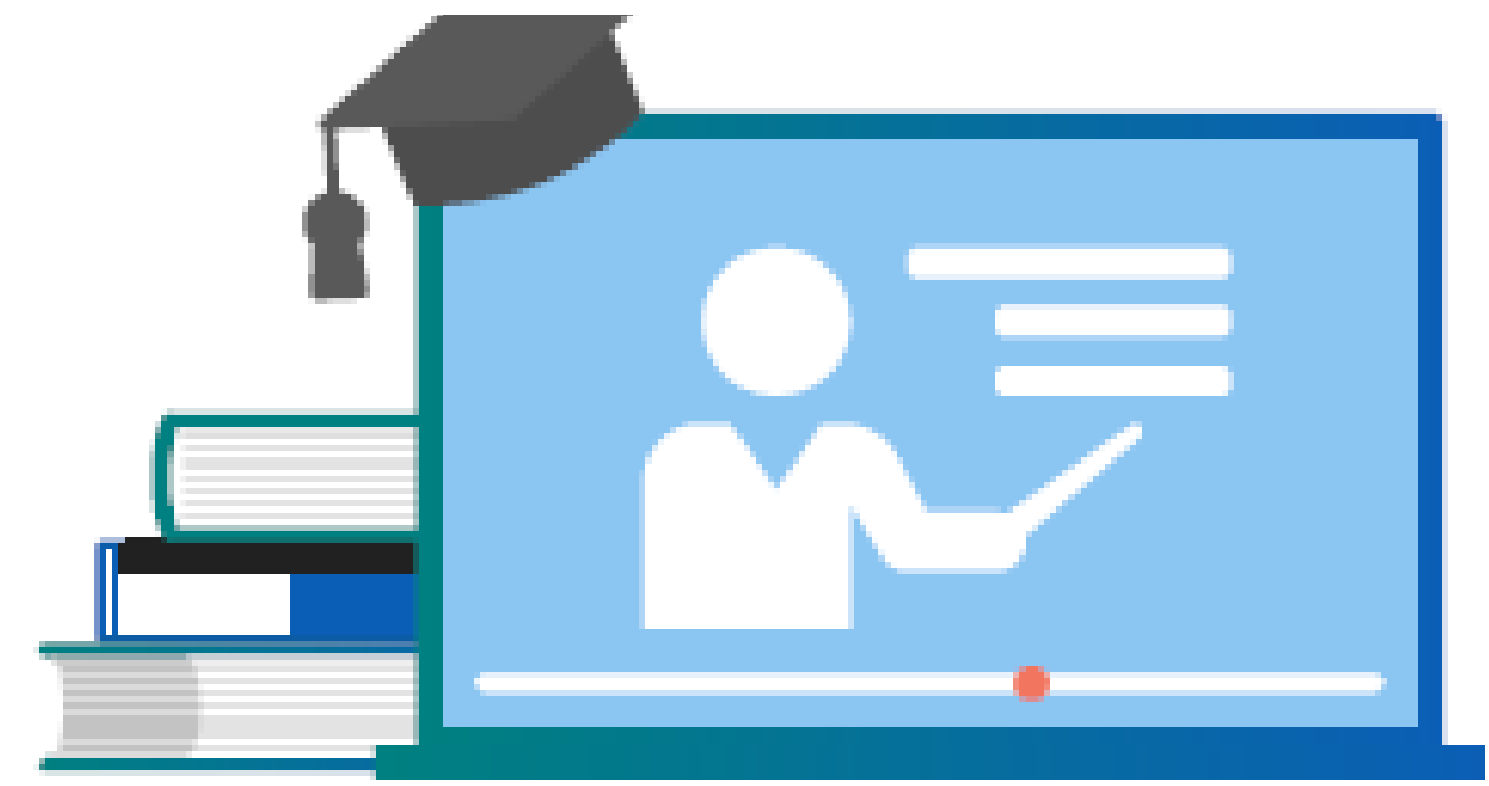
Sleep medicine is a multidisciplinary field and an essential part of modern medical practice. Despite increasing awareness, there remains a large gap between the need for sleep services and the availability of trained clinicians who can deliver high-quality, consistent, and ethical care. The Indian Sleep Disorders Association (ISDA) endorses this program as a national platform for structured training in sleep medicine.

What makes this course different is its focus on clinical practice. It does not aim to create technicians or report readers. It aims to create clinicians who understand patients, investigations, therapy, and systems of care.

We believe this program will contribute to building a strong national network of well-trained sleep physicians and will raise the standard of sleep care across the country.

DR. VIKRAM SARBHAI

MD, DNB, FCCP (USA), FACP (USA), FNCCP(I), FISDA President – ISDA
Senior Consultant-Pulmonology, Critical Care and Sleep Medicine,
National Heart Institute, East of Kailash, New Delhi



ABOUT THE COURSE

This comprehensive sleep medicine mastery training program is designed for physicians who want to build a real, safe, and effective sleep medicine practice. The course focuses on structured patient evaluation, clinical decision making, correct use and interpretation of sleep investigations, therapy selection, long-term follow-up, and the practical aspects of running a sleep clinic and sleep laboratory. This is not a conference-style course. It is a step-by-step, skill-based clinical training program.

- The first comprehensive and holistic learning platform for sleep medicine for physicians in India
- Dual focus on imparting a sound theoretical background and a mastery of practical skills
- Emphasis on both clinical aspects of sleep medicine and applied technologies
- Learners will be able to confidently work in their assigned roles in a sleep medicine program or set up an independent sleep practice
- The course is designed as a set of modules, each consisting of a series of online lectures that can be viewed by learners at their convenience from home.
- Supplementary reading material to assist learning will be provided where necessary
- Self-assessment tests to be completed with each topic to enhance learning and confidence
- Besides the online learning, there will be an opportunity to attend the hands-on two-day in-person workshop under the expert guidance of experienced sleep physicians and technologists.
- **This course is designed by pioneering sleep specialist, Prof. Dr. J. C. Suri, and is endorsed by the Indian Sleep Disorders Association**
- The learners will be provided certification under the auspices of the Indian Sleep Disorders Association.

ELIGIBILITY

Pulmonologists, Neurologists, ENT Surgeons, Psychiatrists, Pediatricians, Physicians, and dental professionals with interest in Sleep Medicine.

COURSE PHILOSOPHY AND LEARNING OUTCOMES

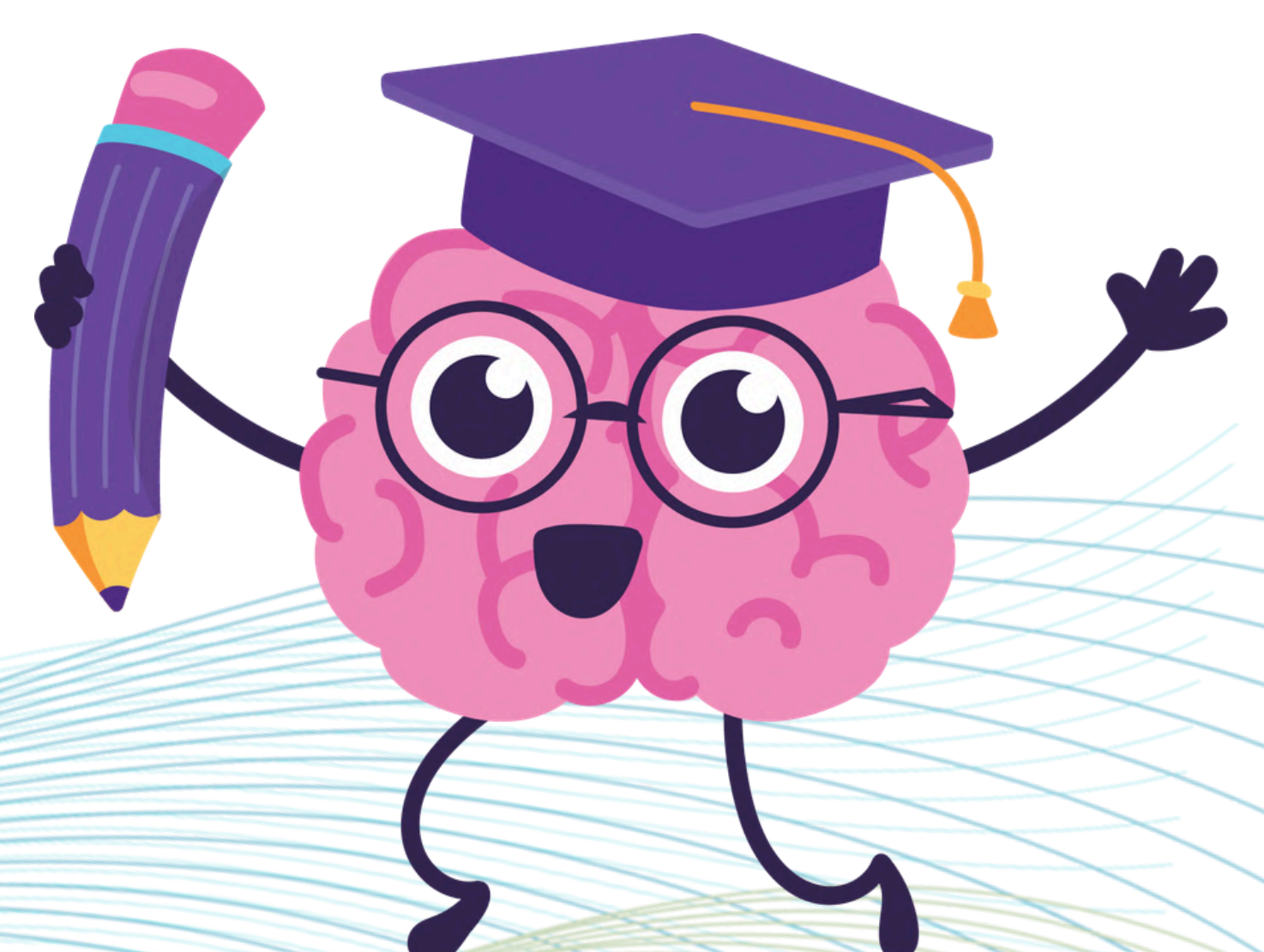
Sleep medicine is best learned as a clinical workflow. Every disorder is taught from first patient contact to long-term follow-up. Each disease area is covered in a complete, continuous manner, including definition, epidemiology, pathophysiology, clinical evaluation, investigation strategy, interpretation, therapy selection, troubleshooting, and long-term management. This course trains you to run a complete, safe, and effective sleep practice.

After completion, you will:

- Evaluate any patient with a sleep complaint using a structured clinical pathway.
- Decide who needs PSG, HSAT, actigraphy, or no test.
- Read and report PSG with confidence.
- Choose and manage PAP therapy and alternatives.
- Handle failures, side effects, and long-term follow-up.
- Manage insomnia, hypersomnia, parasomnias, circadian rhythm disorders, restless legs syndrome, and pediatric sleep disorders.
- Run a sleep lab with proper workflow, staffing, quality control, and documentation.
- Build a referral-based, ethical, and sustainable sleep practice.

WHY THIS COURSE IS DIFFERENT

This course trains you to run a real sleep clinic and sleep lab. It focuses on decisions, workflows, interpretation, and long-term management. It avoids superficial topic coverage and builds complete clinical competence.



COURSE Objectives



- To familiarize oneself with the neurobiology of sleep and the architecture of sleep in health and disease
- To learn the basic approach to a patient presenting with a sleep disorder
- To understand the concepts of polysomnography and gain proficiency in scoring, interpreting, and reporting various types of sleep studies
- To become confident in the management of sleep-disordered breathing, insomnia, narcolepsy, circadian-rhythm disorders, parasomnias, and other sleep disorders
- To gain expertise in positive airway pressure therapy in sleep-disordered breathing, including choosing the right device, titration of pressures and troubleshooting common problems with therapy
- To be able to successfully manage a sleep medicine practice

TEACHING PLAN

MODULE 1

Foundations of sleep medicine and clinical approach.

MODULE 2

Investigations, scoring, and reporting.

MODULE 3

OSA and PAP therapy in depth.

MODULE 4

Complex and special situations.

MODULE 5

Non-respiratory sleep disorders and COMISA

MODULE 6

Lab leadership, practice building, and in-person practical workshop



COURSE CURRICULUM



MODULE 1

Foundations of Sleep Medicine

Build a strong clinical foundation in sleep medicine by mastering the essentials of normal sleep, circadian rhythm, and the real-world impact of sleep deprivation. Learn how to take a structured sleep history and perform a focused clinical assessment with confidence. By the end of this module, you will be equipped to evaluate sleep patients effectively in the clinic, identify key problem areas, and develop an initial differential diagnosis. This phase sharpens your clinical thinking and sets the stage for advanced learning throughout the program.

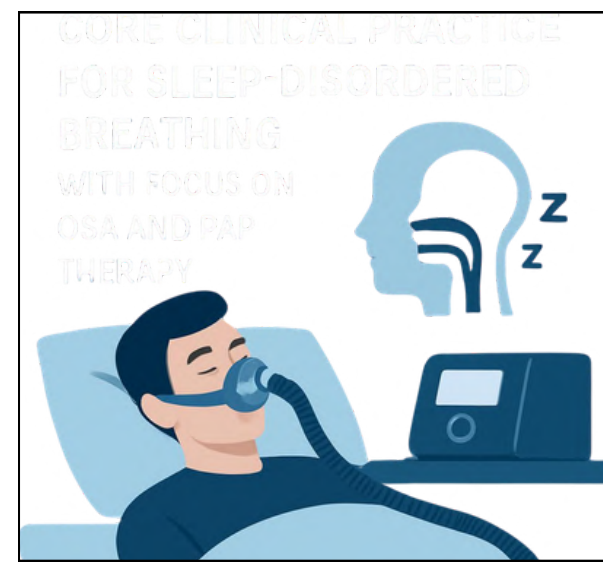


MODULE 2

Sleep Investigations and Reporting

Gain hands-on insight into the core tools of sleep diagnostics, including polysomnography (PSG), home sleep apnea testing (HSAT), and actigraphy. Learn how to score studies systematically and craft clear, clinically meaningful reports. By the end of this module, you will confidently choose the right investigation, interpret sleep study findings, and communicate results effectively – strengthening your diagnostic confidence in real-world practice.





MODULE 3

OSA and PAP therapy

Develop advanced expertise in managing obstructive sleep apnea (OSA) – from initial suspicion to long-term care. Learn how to select the most appropriate therapy among the expanding options of PAP and non-PAP therapies, perform effective PAP titration, and confidently address side effects, adherence challenges, and treatment failures. By the end of this module, you will be equipped to optimize therapy outcomes and deliver high-quality, patient-centered care across the treatment journey.



MODULE 4

Complex and Special Situations

Strengthen your ability to manage complex and high-risk sleep conditions, including central sleep apnea, obesity hypoventilation syndrome, neuromuscular disorders, overlap syndromes, and pediatric sleep disorders. Learn to approach difficult cases with confidence, apply advanced management strategies, and make thoughtful clinical decisions in challenging situations – elevating your expertise to the next level.

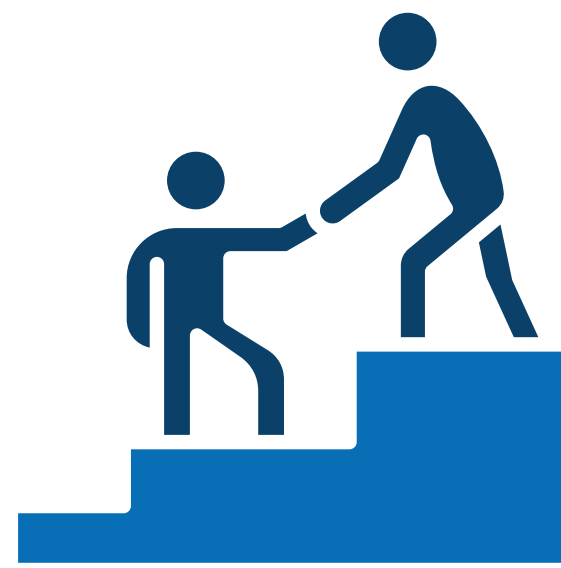




MODULE 5

Non-respiratory Sleep Disorders and COMISA

Expand your expertise beyond breathing disorders to master the diagnosis and management of insomnia, hypersomnia, parasomnias, and circadian rhythm disorders — with focused training in comorbid insomnia and sleep apnea (COMISA). Learn how to design integrated treatment plans that address complex patient needs and deliver truly comprehensive sleep care. This module equips you to manage diverse sleep conditions with confidence and clinical sophistication.



MODULE 6

Lab Leadership and Practice Building

Learn how to lead and grow a successful sleep practice with confidence. This module equips you with practical insights into running a sleep lab and clinic safely and efficiently, building sustainable systems, and delivering high-quality care. Develop leadership skills and strategic thinking needed to create and sustain a thriving sleep medicine service.



TWO-DAY CONTACT PROGRAMME

HANDS-ON PRACTICAL IMMERSION

This is a skill-intensive, practical program conducted at the end of the course to help translate knowledge into real-world clinical competence.

WHAT YOU WILL EXPERIENCE

- Live PSG scoring stations
- PAP and device workshops
- Interface fitting and troubleshooting
- Titration record review
- Report writing and interpretation workshops
- PAP download interpretation

FACULTY AND LEADERSHIP

Course Director: Prof. (Dr.) J. C. Suri

Most core modules are taught personally by Prof. Suri, supported by select faculty members with specialized expertise in sleep medicine, ensuring high academic standards and practical mentorship.



COURSE Structure



- The teaching pedagogy will include a blend of conceptual learning supported by case-based examples.
- Most sessions will be conducted live by the faculty and will be preceded by relevant pre-reads for participants.
- A hands-on contact programme will be conducted to familiarize participants with the practical aspects of sleep medicine.
- Upon successful registration, participants will receive a login ID and password to access the online Learning Management System (LMS).
- All live sessions will be hosted on the LMS portal, and recorded sessions will be available for reference throughout the duration of the course.
- Multiple tests and quizzes will be conducted periodically for self-assessment.
- Upon successful completion of the course and assessments, participants will be awarded a certificate jointly from the Academy of Pulmonary Critical Care & Sleep Medicine (**APCCSM**), the Indian Sleep Disorders Association (**ISDA**), and **Philips**.

Programme Details:

Duration: 5–6 months (with two live sessions per week)

Two-day weekend contact programme at the end of the course (optional)

Faculty and Leadership:

Course Director: Prof. (Dr.) J. C. Suri

Fees:

Online + Contact Programme: ₹85,000 + 18% GST

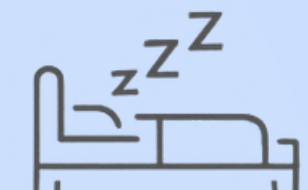
Online: ₹70,000 + 18% GST

Course Coordinator: Varun Navalgund

Email: apccsmcourses@gmail.com | Phone: +91 81235 32005

“Registration & Payment: Visit the link below to register.”

www.apccsm.com/register



PARTICIPANT TESTIMONIALS



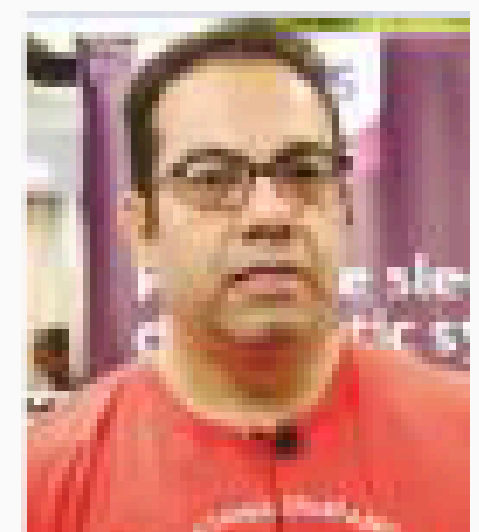
Dr Anurag Deshpande, Noida, NCR

The overall design of the program was excellent and step by step. The lectures enhanced our understanding and the contact program has actually practically made it possible to gain confidence on how to interpret sleep reports, how to titrate and to go into all the minute details. I highly recommend this course for those interested in Sleep Medicine Career and in quality work



Dr Pranali Patil, Virar, Maharashtra

As a Pulmonologist interested in Sleep Medicine, I found it very helpful and enriching and I could have never thought of learning it in a better way than learning it from Prof. Suri. Online sessions made it practically possible for me to attend conveniently and course covered all the aspects of sleep medicine in detail.



Dr Darshan Kumar Bajaj, Lucknow, UP

This course has opened my perspective for this stream of Sleep Medicine and now it is definitely going to help me to manage my patients in a better way and I have already started recommending this course to my fellow colleagues and juniors so this course is definitely recommended for anybody who wants to develop expertise and Sleep Medicine



Dr Datta Nadgir, Hubli, Karnataka

Thanks to APCCSM and Philips for organizing a wonderful contact program. The program was very systematically and methodically organized. The contact program was very useful in clearing all the doubts which I had during the online course. Would like to have more such programs in future



Dr Puran Chand Kaushik, Delhi

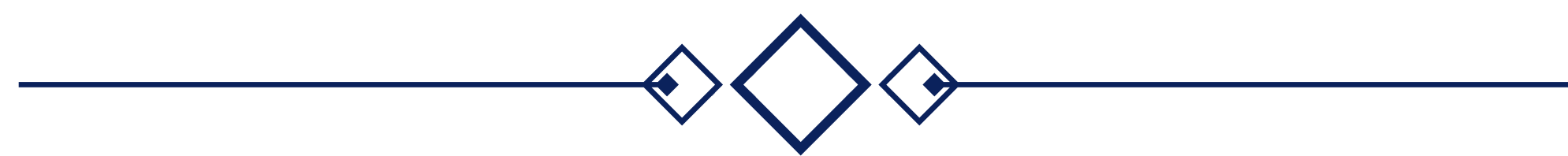
The course content, material and support were exceptionally good. The sessions were interactive and question answer sessions were exceptional. The time spent in attending the classes was valuable. There is no better teacher than Professor Suri in Sleep and Chest medicine.



Gallery



From a classroom-like experience to faculty and peer chat, this multi-feature platform is sure to make learning a rich and fun experience for you.



To know more about the course,

Contact us at

Course Coordinator: Varun Navalgund

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+91 99109 93745

**For further details and registration, visit
www.apccsm.com**