

## Examinations for Physicians



### 3rd ESRS Examination in Sleep Medicine

Please find below some information and instructions on the application process.

The European Sleep Research Society (ESRS) Board is pleased to announce the third examination of the certification in sleep medicine which will take place on:

**Tuesday, 16 September 2014 at 17:30 – 18:45**

at the ESRS Congress in Tallinn, Estonia.

The examination will be a written test consisting of 50 multiple-choice questions to be completed on-site. Cut-off for successfully pass the examination is 50% of correct answers.

Doctors, Physicians, and Psychologists that wish to take the examination should normally have completed the following (please prepare the mentioned documents before starting with the application):

#### Practical Experience

The candidate will be required to provide a written declaration (in English) from the Sleep Medicine Centre (SMC) Director where the greater part of his/ her training was completed. The declaration must specify satisfactory and independent performance of the following:

1. A minimum of 12 months full-time (or equivalent duration if part-time) spent in the SMC. If the applicant has worked in more than one SMC, a minimum period of 6 months must have been spent at one of the centres.
2. Applicants should have extensive experience within their specialised field with sufficient experience across other sleep-wake disorders to ensure safe and competent practice.
3. As a recommended minimum, therefore, applicants should have been closely involved with the specialised evaluation and clinical care of at least 100 patients, preferably including adults and children. Specialised in this context refers to the interaction of sleep specialisation and professional specialisation.
4. More detailed (but again) minimal levels of experience for physicians, therefore, should include sleep-breathing disorder (40 cases), insomnia disorder (10), hypersomnia, movement disorder, circadian disorder (20). Experience for psychologists should include insomnia disorder (40), sleep-breathing disorder, hypersomnia, movement disorder, circadian disorder (30).
5. In relation to assessment, experience should comprise a range of procedures including clinical interviewing, use of diagnostic criteria and classification systems, use of sleep diaries, questionnaires and rating scales, psychometric evaluation (minimum of) as well as physiological monitoring.
6. Whereas many of these assessment procedures are generic, minimal levels of actigraphic experience (20 for physicians; 40 for psychologists) and psychometric/ neuropsychological evaluation (40 for psychologists) are recommended.
7. Polysomnography (PSG) skills for physicians should include hook-up, nighttime surveillance (30), and scoring, interpretation and reporting (100). These applicants should also have experience of ambulatory cardio-respiratory recording (20), and Multiple Sleep Latency Test (MSLT) or Maintenance of Wakefulness Test (MWT) procedures (10). PSG and other monitoring skills for psychologists should also cover the above range of procedures in at least 20 patients.
8. In relation to treatment, applicants should have generic skills including patient education, treatment delivery, progress review, provision of motivation and support, and knowledge of how to work as part of team, including for example sleep technologists and nurses.
9. Applicants should also have extensive experience within their professional discipline (physician, clinical psychologist, sleep scientist). Accordingly it is recognised that experience of treatment modalities will vary (e.g. physician – pharmacotherapy, CPAP; psychologist – CBT, health behavior change).
10. It is expected that, of the minimum 100 cases evaluated, at least 75% will involve active management of a treatment episode or episodes and monitoring of patient progress and outcome. This consideration applies to both physicians and psychologists.
11. It is recognised that sleep scientists may not have a clinical license, or have different roles within a SMC. Nevertheless, equivalent levels of experience and expertise in sleep medicine should be demonstrated in the application and letter of support.
12. It should be noted that some of the above experience and competencies may be demonstrable through periods of formal study and training on approved Sleep Medicine courses which have a practicum component. Such experience and/or qualification should be specified by the applicant.

#### Theoretical Knowledge

The applicant must demonstrate knowledge of the topics specified in the catalogue of knowledge and skills. This may be achieved by a record of

attended courses; or through a university or national sleep medicine degree or certification. Alternatively, a detailed reference letter from another ESRS Somnologist may be submitted.

Further details can be found in:

- Pevernagie et al. EU Guidelines for the Certification of Professionals in Sleep Medicine: Report of the Task Force of the ESRS. J. Sleep Research (2009) 18, 136-141
- Penzel et al. Catalogue of knowledge and skills. J. Sleep Research (2013) online DOI: 10.1111/jsr.12095

**In addition applicants must:**

- Provide names and contact details of 2 referees, preferably from another European country
- Be a current ESRS members
- Pay the examination fee

Other candidates that feel they may fulfil the eligibility criteria please contact:  
[esrs@congrex-switzerland.com](mailto:esrs@congrex-switzerland.com)

The successful candidates will be conferred the ESRS qualification title of "Somnologist" with following specifications:

- Somnologist – in sleep medicine
- Somnologist – in behavioural sleep medicine
- Somnologist – sleep scientist

The examination fee is €350.- payable at submission of application. Included in the fee is a non-refundable €90.- application fee, rejected applicants will receive a refund of €260.- .

**The online application will open on 15 January 2014.**

**Application will close on 3 April 2014.**

You will be notified about acceptance of your application in June 2014.

For any questions please contact:

ESRS Administrative Office  
Peter Merian-Strasse 80  
4002 Basel  
Switzerland

Email: [esrs@congrex-switzerland.com](mailto:esrs@congrex-switzerland.com)  
Phone: +41 61 686 77 02  
Fax: +41 61 686 77 88

For further information please visit [www.esrs.eu](http://www.esrs.eu)