OVERALL EDUCATIONAL GOAL OF ELECTIVE
To provide the student with knowledge of the causes and treatment of pediatric sleep disorders.

OBJECTIVES

I. Patient care – This elective includes evaluating patients in clinic and laboratory settings and determining appropriate treatment regimens.

II. Medical knowledge – Sleep Medicine is broadly based with aspects of the disciplines of pulmonology, neurology, psychiatry, and cardiology. The major causes of sleep disruption including sleep apnea and periodic limb movements in sleep/Restless Leg Syndrome will be defined. Emphasis will be placed on both the physiological and behavioral consequences of sleep disorders. The treatment options for common sleep disorders will be defined. Rudimentary training in the performance of overnight sleep studies in a laboratory setting and instruction on the interpretation of sleep studies will be provided.

III. Practice-based learning and improvement – Clinic experience includes both adult and pediatric patients presenting with varied sleep disorders.

IV. Interpersonal and communication skills – The students interact with faculty, technicians, fellows and residents in addition to patients.

V. Professionalism – This elective stresses a professional approach to patient interactions and appropriate care.

VI. Systems-based Practice – Sleep medicine is broadly based and stresses a systems approach to patient care.

OVER
**Brief Description of Activities**
Spend one-on-one time with the faculty discussing sleep disorders and learning the basics of interpretation of sleep studies. Background reading will be required. The student will attend the Comprehensive Sleep Disorders clinic at least four times a week and will observe actual studies in the laboratory on one evening. One clinic is at the Hillsborough office and three clinics will be at the New Brunswick office. If the elective falls on the last Monday of the month, there will be specialized pediatric sleep clinic on Monday afternoons in New Brunswick.

**Method of Evaluation**
Assessment will be based on level of participation and comprehension of relevant information as judged from discussions with the faculty and presentation of a hypothetical case.

**Are there any prerequisites for this elective?** No

**Is this elective available to third year medical students as well?** Yes