



PROGRAMME IN ENGLISH

UNIVERSITY SPECIALIZATION COURSE PEDIATRIC SLEEP AND ITS APPLICATION IN CLINICAL PRACTICE

MODULE 1 - CHILD SLEEP BASES				
Session title	Duration	Day	Hour	Speaker
1. Introduction to child's sleep	2h	22/04/2022	17h	Dr. Gonzalo Pin Arboledas
2. Physiology of pediatric sleep				
3. Safe sleep	1h	29/04/2022	17h	Dra. Silvia Yévenes
4. Sleep and attachment	2h	5/05/2022	17h	Dr. Rafa Guerrero
MASTERCLASS 1: Sleeping together or alone. How do babies want to sleep?	2h	6/05/2022	17h	Dr. Nils Bergman
MODULE 2 - NORMAL CHILD SLEEP. EVOLUTION OF SLEEP WITH AGE.				
Session title	Duration	Day	Hour	Speaker
1. Sleep from birth to adolescence				
1.1 Fetal sleep. Sleep from birth to 3 months	1h	13/05/2022	17h	Dra. Amalia Arce
1.2 Sleep from 4 to 7 months	1.5h	13/05/2022	18h	Dra. Amalia Arce
1.3 Sleep from 8 month to 2 years	1.5h	20/05/2022	17h	Dra. Amalia Arce
1.4 Sleep from 3 years	2h	26/05/2022	17h	Dra. María Angustias Salmerón
1.5 Sleep in teenagers				
MASTERCLASS 2: Mother's sleep during pregnancy and postpartum. Influence of maternal mental health on baby sleep	1h	27/05/2022	18h	Dra. Estel Soto
MODULE 3 - PEDIATRIC SLEEP DISORDERS				
Session title	Duration	Day	Hour	Speaker
1. Pediatric sleep disorders	3h	3/06/2022	17h	Dr. Oscar Sans
2. Pediatric pathology that can affect sleep	3h	10/06/2022	17h	Dra. Diana Álvarez
3. Obstructive respiratory sleep disorders	1h	17/06/2022	18h	Dra. Patricia Cubells-Ricart
4. Sleep in neurodevelopmental disorders	1h	17/06/2022	19h	Dra. María José Mas
5. Bruxism in children	1h	17/06/2022	20h	Dra. Yaiza Cuba
MASTERCLASS 3: Effect of screens on children's sleep	1h	16/06/2022	17h	Dña. Anna Ramis
MODULE 4 - SLEEP AND BREASTFEEDING				
Session title	Duration	Day	Hour	Speaker
1. Physiology and composition of breast milk and its relationship with sleep	2h	22/06/2022	17h	Dra. Carmela Baeza
2. Breastfeeding at night				
3. Weaning	1h	1/07/2022	17h	Dña. Gemma Olivera
MASTERCLASS 4: Bedsharing and breastfeeding: evidence and recommendations	1h	1/07/2022	18.30h	Dra. Melissa Bartick
MODULE 5 - DIAGNOSTIC AND THERAPEUTIC TOOLS				
Session title	Duration	Day	Hour	Speaker
1. Diagnosis of sleep problems	2h	8/07/2022	17h	Dr. Oscar Sans
2. Infant sleep hygiene	2h	14/07/2022	17h	Dra. Nerea Sarrion
3. Sleep and nutrition	1h	22/07/2022	17h	Dña. Paula Ruiz
4. Indications for pharmacological treatment. Alternative therapies	1h	22/07/2022	18h	Dr. Gonzalo Pin Arboledas
MASTERCLASS 5: What does science say about sleep training?	1h	5/07/2022	17h	Dra. Darcia Narvaez
MODULE 6 - PRACTICAL CLINICAL CASES				
Session title	Duration	Day	Hour	Speaker
SESSION 1	2h	29/07/2022	to be confirmed	Dra. Anna Estapé
SESSION 2	2h	29/07/2022	to be confirmed	Dra. Anna Estapé
SESSION 3	2h	29/07/2022	to be confirmed	Dra. Anna Estapé

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