

CAS / DAS / MAS in Sleep, Consciousness and Related Disorders

– Study Plan



2019-10-23 The CAS, DAS, MAS in Sleep, Consciousness and Related Disorders Course is a university study program leading to a “Certificate of Advanced Studies”, “Diploma of Advanced Studies” and a “Master of Advanced studies” in Sleep, Consciousness and Related Disorders awarded by the University of Bern as well as the Università della Svizzera italiana, as laid out in the Regulations governing the CAS, DAS and MAS Programs in Sleep, Consciousness and Related Disorders.

1. Course objectives

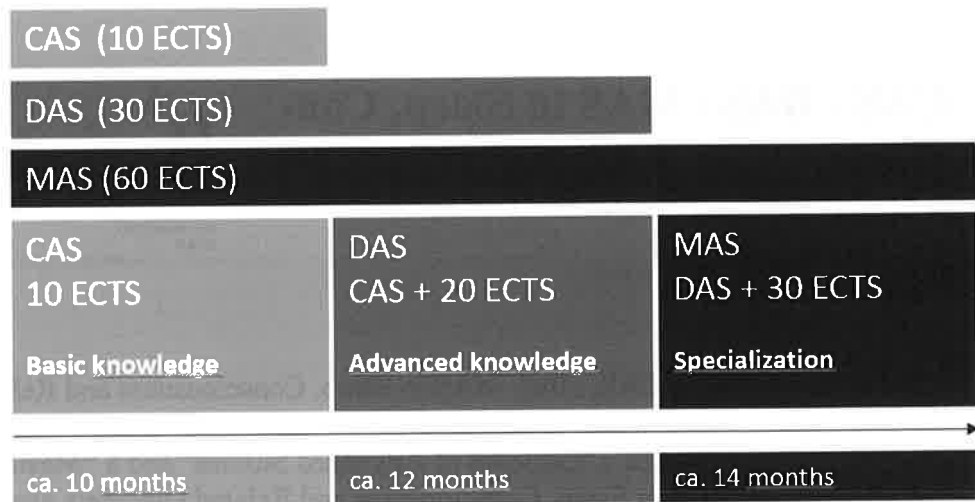
About Sleep medicine is a rapidly growing field as more and more people suffer from sleep problems and related disorders. In order to meet the increasing demand for specialists in this field, this course offers local and international students, researchers and professionals operating or planning to operate in the fields of Sleep, Consciousness and Related Disorders the opportunity to complement their core competences with a formal deepening and broadening of their knowledge and skills.

Competence objectives The course competences are acquired in a CAS, DAS and MAS course, each with several modules. At the end graduates will:

1. know the structural and functional basis of sleep regulation, related disorders and consciousness regulation
2. know the fundamentals of sleep medicine
3. gain deep theoretical and practical expertise in the diagnosis and therapy of sleep disorders and in selected areas of sleep medicine
4. general practical and theoretical knowledge of sleep scoring.
5. as part of a practice-oriented diploma thesis they demonstrate their capability of acquiring scientific literature and transferring knowledge into practice in form of at least one publishable text
6. according to their professional background they are capable of managing a unit for sleep medicine and to assume executive functions.

2. Duration, outcomes and objectives of the modules

Duration and scope



CAS

Basic knowledge

know the structural and functional basis of sleep regulation, related disorders and consciousness regulation, understand the fundamentals of sleep medicine

Modules	3 Modules 1 CAS-Thesis	Duration	Ca 10 months
Assessment	Online Exams Literature work (Thesis)		
ECTS	CAS = 10 ECTS Module 1 (Online) – 2 ECTS Module 2 (School) – 2 ECTS Module 3 (Thesis) – 3 ECTS Module 4 (School) – 3 ECTS		
Learning and teaching methods	<ul style="list-style-type: none"> • Introductory class in-person • Online platform with multimedia material (Ilias) • In-person seminars and schools with lectures and discussions, feedback and deepening of knowledge • Writing of Thesis with support of expert mentors 		
Prerequisites	See regulation for admission to program		
Teaching language	English		

Advanced knowledge

know the details of sleep regulation, related disorders and consciousness regulation, gain deep theoretical expertise in specific fields of sleep medicine

Modules	3 Modules 1 DAS-Thesis	Duration	Ca. 12 months
Assessment	Online Exams Literature work (Thesis)		
ECTS	DAS = 20 ECTS Module 1 (Online) – 5 ECTS Module 2 (Online) – 5 ECTS Module 3 (Online Sleep Scoring) – 4 ECTS Module 4 (Thesis) – 6 ECTS		
Learning and teaching methods	<ul style="list-style-type: none"> • Online platform with multimedia material (Ilias) • Sleep scoring with Webinar, Podcasts and practical Scoring exercises • Writing DAS Thesis with support of expert mentors 		
Prerequisites	CAS in Sleep, Consciousness and Related Disorders		
Teaching language	English		

Specialization

gain deep theoretical and practical expertise in specific fields of sleep medicine, know the management skills to lead a unit for sleep medicine and to assume executive functions

Modules	4 Modules 1 MAS-Thesis	Duration	Ca. 14 months
Assessment	Online Exams Writing practical report Literature work (Thesis)		
ECTS	MAS = 30 ECTS Module 1 (Podcasts) – 5 ECTS Module 2 (Specialized Podcast options) – 4 ECTS Module 3 (Practical work) – 3 ECTS Module 4 (Transferable Skills) – 3 ECTS Module 5 (Thesis) – 15 ECTS		
Learning and teaching methods	<ul style="list-style-type: none"> • Online platform with multimedia material (Ilias) • Practical internships, visiting sleep labs/institutions • Writing MAS Thesis with support of expert mentors 		

Prerequisites	DAS in Sleep, Consciousness and Related Disorders
Teaching language	English

3. Performance assessment

Assessments

The performance assessment includes the following elements.

- a. Overall 80% course attendance.
- b. Performance assessment from all modules according to Art. 16 in the “Regulations governing the CAS, DAS and MAS Programs in Sleep, Consciousness and Related Disorder”.

4. Final regulations

Entry into force

The present plan shall enter into force on 2019-12-01.

2019-10-23

Released by the program management:



Prof. Dr. med. Claudio Bassetti

2019-12-11

Adopted by the Faculty of Medicine, University of Bern

The Dean



Prof. Dr. Hans-Uwe Simon