

# 675G Sleep Medicine

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**Course Name:** Sleep Medicine  
**Course Director:** Ruth Benca, MD  
**Course Director** Ariel Neikrug, PhD

**Academic Year Presented** 2020-2021

## 1. Course Director, Coordinator and General Administrative Information

### FACULTY AND STAFF

Name	Office Location	Phone	Email
Director: Ruth Benca, MD	Bld 3, Rm 367	(714) 456-7209	rbenca@hs.uci.edu
Co-director: Ariel Neikrug, PhD	20350 SW Birch Newport Beach CA 92660	(714) 790-8406	aneikrug@hs.uci.edu
Coordinator: Karina Amaya	Bld 3	(714) 456-3312	kamaya1@hs.uci.edu
Scheduling Coordinator: Nallely Aparicio	Bld 3	(714) 456-3312	naparici@hs.uci.edu

### DESCRIPTION

The goal of the rotation is to familiarize students with the diagnostic evaluation and management of common sleep disorders in population (insomnia, sleep apnea, narcolepsy, and circadian rhythm disorders) and basics of polysomnography interpretation. There is also an option to become involved in a clinical research project related to ongoing studies of the course directors.

### PREREQUISITES

This course is intended for fourth-year students who have completed the Psychiatry Clerkship and are enrolled in the undergraduate medical education program at University of California, Irvine School of Medicine (UCISOM).

### RESTRICTIONS

This course is intended for fourth-year students enrolled in the undergraduate medical education program at University of California, Irvine School of Medicine (UCISOM).

**COURSE DIRECTOR**

Dr. Ruth Benca, M.D., Ph.D., joined the University of California, Irvine (UCI) as professor and chair of the School of Medicine's department of Psychiatry and Human Behavior from the University of Wisconsin-Madison in 2016. Dr. Benca is a psychiatrist who is an internationally recognized authority on the relationship between sleep and brain health, in particular psychiatric disorders. Dr. Benca has built a state-of-the-art academic sleep medicine center at UC Irvine which will provide research and patient care for sleep problems and related neuropsychiatric issues including depression and other mood disorders. Dr. Benca is a Fellow in the Center for the Neurobiology of Learning and Memory and a faculty member in UCI MIND.

Ariel Neikrug's core research interests are in the development, implementation, and evaluation of treatments for sleep disorders in chronic disease populations. His research has focused on better understanding sleep and activity rhythms disturbances in chronic disease and how treating sleep and rhythm dysfunction in chronic disease may impact biopsychosocial factors (e.g., sleep, fatigue, circadian rhythms, mood, cognition, and quality of life). Dr. Neikrug also specialized in the use of actigraphy as a continuous outcome measure.

Karina Amaya is Education Manager in the Department of Psychiatry and Human Behavior at UCI.

**INFORMATION FOR THE FIRST DAY**

Students should report at 8:00 am to Dr. Benca or Dr. Neikrug in the Sleep Clinic, located in the Department of Psychiatry Birch Street Clinic (address below).

**SITE**

UCI Psychiatry Birch Street Clinic  
20350 SW Birch St  
Newport Beach CA 92660

**DURATION**

Two or four weeks.

**Scheduling Coordinator:** UC Irvine students please call (714) 456-8462 to make a scheduling appointment.

**Periods Available:** The time of the course must be pre-approved by the elective director at least 3 months prior to the start of the course. No exceptions.

**NUMBER OF STUDENTS ALLOWED:** 2 per rotation

**WHAT STUDENTS SHOULD DO TO PREPARE FOR THE COURSE**

Students should contact the course directors at least 1 month prior to starting to discuss potential clinical and research activities and obtain a reading list.

**COMMUNICATION WITH FACULTY**

Questions about logistics should be directed to the Course Coordinator. Direct questions, comments, or concerns about the course can be directed to the Course Director. Contact information and office location are at the beginning of this document.

The Course Director is also available to meet in person. Please email Jennifer Brouwer at [jkbrower@hs.uci.edu](mailto:jkbrower@hs.uci.edu) to arrange an appointment. To ensure that your email will not be lost in the large volume of email received, please use the following convention for the subject line:

SUBJECT: COURSE NAME, your last name, your issue (e.g. XXX, Smith, Request for appointment)

**2. Course Objectives and Program Objective Mapping**

The following are the learning objectives for the Sleep Elective course. Students are expected to demonstrate proficiency in these areas in order to satisfactorily complete the course. In addition, the extent of a student's mastery of these objectives will help guide the course evaluation and grade.

Course Objective	Mapped UCI School of Medicine Program Objective	Sub Competency	Core Competency
Learn to perform general assessment of sleep problems	A-3. Knowledge of basic clinical skills required to meet the skills objectives, including interviewing, physical diagnosis, communication and clinical reasoning processes	Basic Clinical Skills	Knowledgeable
	B-1. The ability to competently conduct a	Medical Interview	Skillful

	medical interview and counseling to take into account patient health beliefs, patient agenda and the need for comprehensive medical and psychosocial assessment		
Understand the appropriate use of sleep laboratory testing (in-lab testing, home testing, actigraphy) and clinical interpretation of results	A-2: Knowledge of the pathogenesis of diseases, interventions for effective treatment, and mechanisms of health maintenance to prevent disease;	Disease Pathogenesis and Treatment	Knowledgeable
	A-3: Knowledge of basic clinical skills required to meet the skills objectives, including interviewing, physical diagnosis, communication and clinical reasoning processes;	Basic Clinical Skills	Knowledgeable
Learn principles of cognitive behavioral therapy for insomnia (CBT-I)	A-2. Knowledge of the pathogenesis of diseases, interventions for effective treatment, and mechanisms of health maintenance to prevent disease	Disease Pathogenesis and Treatment	Knowledgeable
	B-5. The ability to practice effective preventive medicine by identifying, addressing and advocating for strategies to maintain health and well-being, to identify and treat disease early where appropriate and to	Patient Management	Skillful

	advise on lifestyle practices		
Assist in data collection and analysis in a clinical research study	A-4. Knowledge of population health, epidemiology principles and the scientific basis of research methods relevant to healthcare	Population Health and Epidemiology	Knowledgeable

### 3. Course Resources

**TEXTS AND READINGS: SUGGESTED**

UpToDate (sleep medicine section)

Benca R. Sleep Disorders: Clinician’s Guide to Diagnosis and Management, Oxford, 2011.

**TEXTS AND READINGS: SUPPORTING AND REVIEW**

Kryger, Roth, and Dement. Principles and Practice of Sleep Medicine, 6<sup>th</sup> edition. Elsevier, 2017.

**ADDITIONAL RESOURCES**

[www.aasm.org](http://www.aasm.org)

### 4. Major Exams, Assignments and Grading

**MANDATORY SESSIONS**

Session Title	Location
Attend weekly clinical research meeting (Thursday morning)	Birch Street Clinic
M – F: 8 am to 5 pm: Sleep Clinic and Sleep Research lab	Birch Street Clinic

**MAJOR ASSIGNMENTS AND EXAMS**

Students must complete all relevant clinical and research duties as above.

**THE GRADING SCALE**

Medical Students are graded using the following scale: Honors (H), Pass (P), and Fail (F).

For the assignment of grades, the average and distribution of scores of only the medical students will be used to establish the score range for each grade. The score

of any medical students who has previously taken this Clerkship or any portion will not be included in the calculation of these statistics.

You have 30 days from the date of the grade to appeal any aspect of this grade. Please contact your Clerkship/course Director should you have any questions.

## **GRADING**

Medical Students are graded using the following scale: Honors (H), Pass (P), Fail (F) and Incomplete (I). For further information, please review the [Grading Policy](#).

**Requirements for "Pass":** To receive a grade of Pass, students must demonstrate successful performance in all the following areas:

- Knowledge
- Patient Care
- Practice-Based Learning
- Interpersonal & Communication Skills
- Professionalism
- Systems-Based Practice

**Requirements for "Honors":** To receive a grade of Honors, students must demonstrate exceptional performance all the following areas:

- Knowledge
- Patient Care
- Practice-Based Learning
- Interpersonal & Communication Skills
- Professionalism
- Systems-Based Practice

**Grounds for "Incomplete":** *You will not be issued a grade until all elements of the course have been completed.*

## **REMEDICATION**

Remediation, if needed will be designed by the Course Director to suit the issue at hand.

**Grounds for "Fail":** *You will receive a grade of "Fail" if the requirements for passing the course have not been met. Please refer to the [Grading Policy](#) for the impact of the "Fail" grade to the transcript.*