Polysomnography (PSG) has been recognized as a “gold standard” in sleep medicine. Lots of efforts have been made until now to establish the current style. In clinical practice, however, most physicians think PSG is only a tool to generate “apnea-hypopnea index (AHI)”. There is also a trend toward simplifying PSG and introducing a home monitoring system. With this lecture, I will emphasize the under-utilized potential and its role as a common language linking multiple fields of medicine and medical research. Then, I will introduce how “sleep specialists” coordinate sleep medicine utilizing PSG.

Speaker: Dr. Makoto Kawai
Stanford Psychiatry and Behavioral Sciences, Division of Sleep Medicine, USA

Date: Monday, August 3, 2015
Time: 12:00-13:00
Venue: 8F Hall, Health and Medical Science Innovation Laboratory, University of Tsukuba

☆Light refreshments will be served.