

**American Academy of Neurology  
Sleep Section  
Resident Core Curriculum**

10/00

- Recognizing aspects of patient history suggesting presence of sleep/wake disorders.
- Recognizing aspects of patient examination suggesting presence of sleep/wake disorders.
- Understanding basic concepts of sleep/wake states, sleep stages, and the neurochemistry and neurophysiology of sleep and wakefulness.
- Understanding the basic concepts of chronobiology and sleep deprivation.
- Understanding the basic hypersomnia and insomnia disorders.
- Understanding the basic parasomnias and sleep/wake schedule disorders.
- Understanding effects on sleep and wakefulness of neurologic and psychiatric disorders.
- Understanding the effects on sleep and wakefulness caused by treatment of neurologic and psychiatric disorders.
- Understanding the neuropharmacology of treatments for sleep/wake disorders.
- Understanding non-neuropharmacologic treatments for sleep/wake disorders.
- Understanding the essentials of diagnostic testing modalities for sleep/wake disorders.
- Recognizing when to ask for help from sleep medicine specialists.