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.