



THE PRIMARY CARE COMPANION FOR CNS DISORDERS

Supplementary Material

Article Title: The State of Sleep Medicine Education in North American Psychiatry Residency Training Programs in 2013: Chief Residents Perspective

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List of Supplementary Material for the article

1. [Appendix 1](#)

Disclaimer

This Supplementary Material has been provided by the author(s) as an enhancement to the published article. It has been approved by peer review; however, it has undergone neither editing nor formatting by in-house editorial staff. The material is presented in the manner supplied by the author.

Appendix 1. Sleep Medicine Training Survey (SMTS)

If more than 1 chief residents are attending the conference, please consult with your colleagues and submit only 1 questionnaire.

1) On average, how many residents per year are in your training program (excluding fellows)?

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2) Would you describe your program as:

- University-based
 Community-based
 VA based
 mixed (both university and VA or community based)

3) Do any of your residency training sites have a dedicated sleep medicine clinic?

- Yes No Don't know

4) Does your institution (facility or academic affiliate) offer a formal fellowship in sleep medicine?

- Yes No Don't know

If "Yes": How many of your residents have pursued a sleep fellowship in the last 5 years (please estimate):

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5) During residency training, do your residents participate in:

- a) *Didactic (lecture) sessions dedicated to sleep disorders?* Yes
 No

If "Yes", how many didactic sessions by time of residency completion:

- 1-2 2-5 5-8 8-10 More than 10 hours

b) Rotations in sleep medicine clinic . Yes

If "Yes", is it : No

- required elective intermittent (such as half-days scattered throughout the year)

c) Training in Cognitive Behavioral Therapy for Management of Insomnia Yes
 No

d) Polysomnography laboratory exposure (at least one day of exposure during entire training experience). Yes
 No

6) Do you have faculty with board certification in sleep medicine?
 if yes, how many board certified physicians?

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- Yes
 No

Over

7) By the end of your 3rd year training, are you comfortable screening for patients with :

Obstructive Sleep Apnea: Yes No

Restless legs syndrome : Yes No

Other sleep disorders : Yes No

8) Are any of your residents participating in sleep research?

Yes No Don't Know

If yes, how many?

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9) Please indicate which topics are taught in your residency and how (fill in all that apply)

- | | | | | |
|--|-------------------------------|--------------------------------|-----------------------------------|----------------------------------|
| a. Normal Sleep | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| b. Hypersomnia | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| c. Narcolepsy | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| d. Obstructive Sleep Apnea | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| e. Central Sleep Apnea | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| f. Restless Leg Syndrome | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| g. Parasomnia | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| h. Insomnia | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| i. Circadian Rhythm Disorders | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| j. Neurological Disorders and Sleep | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |
| k. Psychiatric Disorders and Sleep | <input type="radio"/> Lecture | <input type="radio"/> Clinical | <input type="radio"/> Case Review | <input type="radio"/> Not Taught |

Thank You!