



SLEEP ASSESSMENT
WORKSHOP *for AMEs*

09 MAY 2026

SLEEP AND FLYING

ADVANCED/REFRESHER
WEBINAR (4 HRS)



Organized by **SMAPOR**

Portuguese Aerospace Medicine Society

PROGRAMME

SLEEP AND FLYING WEBINAR

Module 1 Sleep: Definition, Architecture, Mechanisms

- What is sleep?
- Sleep anatomy
- Sleep stages
- Sleep mechanisms
- How much sleep do we need?
- Dreaming
- The role of genes and neurotransmitters

Module 2 Sleep Management

- Circadian rhythm management
- Relaxation Techniques
- Tips for a good night of sleep

Module 3 Sleep Disturbances

- Diagnosis and management of OSA
- EASA regulation and sleep
- A suggested approach to OSA for the AME
- Other sleep disturbances

Module 4 Impact on Flying

- Fatigue and other effects of acute and chronic sleep deprivation
- Research in sleep and aviation
- Take home messages

Speaker

Dr. Cátia Saraiva

General Pulmonology | Sleep & Respiratory Medicine | Thoracic Oncology

Hyperbaric & Diving Medicine | Aviation Medicine | AME – UCS AeMC, Portugal

09:00 AM to 1:00 PM (CET)

ONLINE | LANGUAGE: **ENGLISH**