

Dear Members of the Hong Kong Society of Sleep Medicine,

Our society is planning to organize the next International Sleep Medicine Examination during our 2020 annual scientific meeting, date to be confirmed. We wish to invite members eligible for the examination to submit your application on or before 20 January 2020.

Our society has previously organized two such examinations, in collaboration with the World Sleep Federation (WSF). The WSF has since merged with the World Association of Sleep Medicine (WASM), to become the World Sleep Society. Members who have passed the WSF examination are now recognized as International Sleep Medicine Specialists under the World Sleep Society (WSS).

[\(https://worldsleepsociety.org/programs/examination/recipients-2/\)](https://worldsleepsociety.org/programs/examination/recipients-2/)

The WSS examination is a paper-based examination of 150 questions, covering basic and clinical science, applied methods and standards in sleep medicine, and clinical practice.

[\(https://worldsleepsociety.org/programs/examination/description-of-content/\)](https://worldsleepsociety.org/programs/examination/description-of-content/)

Criteria for Eligibility – Candidates must select one option to be eligible.

- Completed training of 6 months or longer in a full-time sleep medicine fellowship program at an accredited sleep centre. (Please submit a copy of the fellowship certification.)
- Completed training of 1 year or longer in a fellowship program, of which at least 50% consisted of sleep medicine training at an accredited sleep centre. (Please submit a copy of the fellowship certification.)
- At least 5 years of involvement in the clinical practice of sleep medicine, sleep education, or sleep research. For each of the 5 years, sleep medicine comprised at least 20% of the involvement. In addition, at least 5 hours of sleep medicine CME and 50 reported polysomnograms were completed every year. Please submit a letter of verification from the department head, division chairperson, or sleep medicine specialist to demonstrate eligibility. In addition, a logbook of cases, polysomnogram reports and CME activity should be kept and may be requested for review by the examination committee.

Note:

- The 6 months training in a full-time sleep medicine fellowship program OR 1 year in a fellowship program of at least 50% in

would be taken into consideration. You will need to submit a valid proof of the training involved.

- The 5 hours of sleep medicine CME could include our society's clinical meeting, annual scientific meeting, and participation in a recognised international sleep medicine conference.
- Individuals who have difficulties in submitting a complete 5 years' logbook of the polysomnograms reports, and the logbook of cases, would be asked to submit relevant supporting documents from the department, in order to be eligible for the examination.

The examination application form can be downloaded here.

(http://worldsleepsociety.org/wp-content/uploads/2019/05/WSS-Exam-Application_Individual.docx) The examination is free of charge. Please submit your application form, together with the supporting documents to Ms. Vicky Leung <vicky.leung@fmshk.org> on or before 20 January 2020. We will organize teaching tutorials from February to July 2020, details of which will be announced later.

Members who have passed the examination will be listed as Certified International Sleep Specialists in the World Sleep Society website. In addition, members who have been our society's members for 3 years or more, and have passed the examination, will be invited to become Fellow of the Hong Kong Society of Sleep Medicine.

Albert M. Li
Person-in-charge
Sleep Examination Committee
The Hong Kong Society of Sleep Medicine