



University of Glasgow | Faculty of Medicine

MSc in Behavioural Sleep Medicine





Why study behavioural sleep medicine at Glasgow?

The University is at the forefront of leading edge clinical interventions and discovery and has one of the largest medical schools in Europe.

The Glasgow Sleep Centre is based within the school's Section of Psychological Medicine and provides an environment for research on sleep and disorders of sleep to flourish. We value intellectual and clinical interaction, and postgraduates and undergraduates contribute as part of our group.

The Sleep Centre has a strong tradition of research in behavioural sleep medicine. In particular our strengths include:

Research expertise

Our research programme is funded by a range of bodies including ESRC, NIH/NIMH, CSO and Cancer Research UK. Our programme is led by Professor Colin A Espie, a clinician and researcher at the international forefront of behavioural sleep medicine. Dr Leanne Fleming has wide expertise in psychosocial oncology and behavioural sleep medicine. Dr Ken MacMahon has expertise in the experimental psychopathology of insomnia.

Teaching

Each topic is taught by experts in the field from the UK and across the world. The use of subject specialists means our programme content always reflects the most recent research findings.

Facilities

As a result of a recent £1.5m funding from the Dr Mortimer and Theresa Sackler Foundation, the Glasgow Sleep Centre, within the Sackler Institute of Psychobiological Research, has state-of-the-art psychophysiological assessment and sleep laboratory facilities.

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MSc in Behavioural Sleep Medicine

The Glasgow Sleep Centre is introducing a new postgraduate programme in Behavioural Sleep Medicine from October 2009. This is designed to provide specialist knowledge for healthcare professionals working in Scotland, the rest of the UK, Europe and around the world.

Who is the programme for?

This programme is suitable for those with Masters' or doctoral level qualifications (or equivalent) in a health-related field, and who hold a current licence to practice.

What does the programme involve?

Two awards are available:

- Master of Science in Behavioural Sleep Medicine
- PgDip in Behavioural Sleep Medicine.

Both programmes require the successful completion of the taught courses. The MSc programme also requires the successful completion of a research portfolio; this includes a research proposal, a literature review and a data management exercise. The research portfolio is examined and forms an essential part of the MSc programme.

What is the duration of programme?

The full-time MSc programme or Postgraduate Diploma programme is normally taken over twelve months. Students wishing to study part-time can do so over two years.



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Programme structure

The programme is largely delivered by distance learning (online) plus a two week residential course (optional). Notional hours per course is 150 except for course 9 which is 600 hours.

Course 1: The nature and functions of sleep

Course 2: Description, aetiology and classification of sleep disorders

Course 3: BSM assessment of sleep disorders

Course 4: Psychological treatments in BSM practice

Course 5: Evidence based practice in BSM

Course 6: Specialist populations and BSM practice

Course 7: Sleep laboratory assessment practices

Course 8: Professional practice of BSM

Course 9: Research design and quantitative methods

The MSc programme also requires the successful completion of a research portfolio.

What are my career prospects?

On completion of the programme, graduates from a range of disciplines will be able to incorporate behavioural sleep medicine into their existing work practices and apply it within the competencies of their own professional body. Applicants should note that it is the view of the programme team that behavioural sleep medicine services should normally be overseen by a Registered Clinical Psychologist with advanced knowledge in sleep medicine practices.

Continuing Professional Development (CPD)

The programme offers assessed and non assessed CPD courses to give interested professionals a 'flavour' of what the full programme is like. The CPD courses provide an overview and entry level understanding of the field of Behavioural Sleep Medicine. Some of these courses can be delivered on a more self-contained basis and are designed to provide specific skills in assessment and intervention practices. This would be suitable if you do not wish to study for the full programme, or if you do not hold a current licence to practice under your professional body, but want to develop knowledge in specific areas of behavioural sleep medicine. These sessions are open to psychologists, doctors, nurses and other relevant health professionals. For all CPD courses applicants are required to have an undergraduate Honours degree or equivalent in relevant discipline. Applicants who wish to progress from assessed courses to the MSc programme must meet full entry criteria for MSc level study.

Applications forms for non-assessed CPD sessions are available from our programme administrator (email BSM@clinmed.gla.ac.uk) or our website at www.glasgowsleepcentre.co.uk.

What do I need to get in?

You should normally have a Masters degree (eg MSc, MRes) or equivalent in a health-related field (eg psychology, nursing, neurophysiology) or a doctoral degree (eg PhD, DCLinPsy) in a health-related field or a medical or dental degree (eg MBChB, BDS). You should also hold a valid professional licence issued by a recognised professional body.

If your native language is not English, you must produce proof of proficiency in the English language achieved within the two years prior to application: an IELTS of 6.5 (with no subtest less than 6) is required.

A five-week course 'International Pre-Masters/Pre-Doctorate in Medical Science', provided by the English as a Foreign Language Unit, is recommended to prepare students for study within the Faculty of Medicine Graduate School in clinical, social or laboratory aspects of medical science.

How do I apply?

You can apply online or download an application form at:
www.glasgow.ac.uk/postgraduate/howtoapplyforataughtdegree/applyonline

How much will it cost?

MSc full time – £6,025* (one year)
MSc part time – £3,013 (one year)
PG Dip full time – £5,375* (one year)
PG Dip part time – £2,687 (per year)
Non-assessed CPD equivalent day rate – £200

* same for international students

For more information about fees and links to potential sources of funding see:
www.glasgow.ac.uk/postgraduate/financialmatters

Minimum computer specification requirements

To ensure you get the best out of your distance learning experience, please visit the website below to check that you have the minimum specification for your hardware and software as a participant.
<http://www.adobe.com/products/acrobatconnectpro/systemreqs/#role01>

Where can I get more information?

Admissions Team,
Section of Psychological Medicine,
University of Glasgow.

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Telephone: +44 (0)141 211 3935
Fax: +44 (0)141 211 0356
www.glasgowsleepcentre.co.uk



The University of Glasgow - at a glance

Established in 1451, the University is one of the UK's oldest and most prestigious higher education institutions.

We have been ranked in the top 1% of the world's universities by the Times Higher Education QS World University Rankings.

Our 2,500 researchers contribute to a ground-breaking and diverse range of projects. The 2008 Research Assessment Exercise rated almost 70 per cent of the University's research as world-leading or internationally excellent, while research awards exceeded previous records to reach £116m in 2007-08.

We welcome a diverse community of almost 5,000 postgraduate students a year, from over 100 countries worldwide.

For more information about the University and our vibrant city, see:

www.glasgow.ac.uk/about

Note: The information contained in this brochure was correct at the time of going to press. The University of Glasgow reserves the right to cancel or alter degree programmes or to adjust the fees without notice.