

Thinking of Sleep Medicine?

Sleep Medicine is the diagnosis and management of sleep disorders.

Overview of Sleep Medicine

During the past fifty years, much has been learnt about the nature of sleep, the determinants of sleepiness and alertness, and sleep disorders. The discovery of human electroencephalography (EEG) and other advances in neurobiological measurement together with development of novel techniques in non-invasive investigation of cardio-respiratory function has greatly facilitated the pursuit of scientific research in sleep, and underpinned the clinical field of sleep medicine.

In the past three decades, converging knowledge in the neurosciences, cardio-respiratory, metabolic physiology, and clinical epidemiological studies have established the speciality of sleep medicine. It is now well established that sleep disorders are common and may have great impact on normal human function.

Specialty training

Physician training is undertaken through the Royal Australasian College of Physicians (RACP) and consists of:

- a minimum of 36 months of Adult Medicine or Paediatric and Child Health Basic Training followed by
- a minimum of 36 months of Advanced Training in Sleep Medicine
- work-based learning and assessment requirements.

Trainees may apply to enter the Advanced Training programme if they

- have completed Adult Medicine or Paediatric and Child Health Basic Training programme
- have successfully completed the College's Clinical and Written Examinations
- hold current medical registration and
- secured an accredited training position.

All advanced training occurs in supervised clinical placements within RACP accredited sites.

Over the course of the training programme, all trainees must carry out a variety of teaching and learning activities, including work-based learning and assessment requirements, and other programme requirements in consultation with their supervisors.

Once the training is satisfactorily completed, Fellowship of the RACP (FRACP) is awarded.

Sleep Medicine Advanced Training can also be undertaken as part of Dual Training in Respiratory and Sleep Medicine; this involves

- 24 months core respiratory medicine training and
- 12 months core sleep medicine training.

The training programme can be completed in Australia and New Zealand and trainees may complete more than one Advance Training Programme at a time.

It is likely that you need to complete placements in multiple DHBs whilst completing vocational training.

Personal qualities required to be a Sleep Medicine Specialist

- fostering of a patient-centred approach to health care
- maintenance of a balanced and broad perspective on health care delivery
- preparedness to learn and adopt new and validated approaches to diagnosis and management, despite logistical difficulties, and to change work practices when appropriate
- willingness to reflect on, and learn from, mistakes
- preparedness to change management plans
- tolerance of uncertainty
- ability to cope with unexpected disappointments, equanimity, resiliency and calmness in the face of challenging clinical demands
- desire to contribute to improvements in the health system
- desire to foster clinical practice, research and teaching in general internal medicine
- preparedness to acknowledge doubt and uncertainty in clinical practice.

Specialty Training Programme Information

Medical College

[Royal Australasian College of Physicians \(RACP\)](#)

Fellowship/Qualification

Fellowship of the Royal Australasian College of Physicians (FRACP)

Application and Selection process

Application/selection [Basic Training](#)

Application/selection [Advanced Training in Sleep Medicine](#)

Contact details New Zealand: RespiratorySleep@racp.org.nz

To find out more about physicians/paediatricians and other specialty areas [click here](#). This also provides a useful Q&A section

Further information can be obtained on [Royal Australasian College of Physicians \(RACP\)](#)

Resident Medical Officer (RMO) Information

Demand for vocational training posts is currently not available

RMO training registrar positions contracted

Northern*	Midland*	Central*	South Island*	Total*
148.7	42	103.6	80.5	374.8

(September 2016 RMO census)

*The number is not separately available but included in the total registered in Internal Medicine

Regions

Northern:

Northland, Waitemata, Auckland, Counties Manukau DHBs

Midland:

Lakes, Tairāwhiti, Bay of Plenty, Waikato, Taranaki DHBs

Central:

Hawke's Bay, Wanganui, MidCentral, Wairarapa, Capital and Coast, Hutt Valley DHBs

South Island:

Nelson Marlborough, Canterbury, South Canterbury, Southern, West Coast DHBs

Senior Medical Officer (SMO) Information

Year	Number of NZ New Fellows
2015	NOT AVAILABLE
2014	NOT AVAILABLE

Average Age of SMOs*	Number registered with the Medical Council *	% of international medical graduates in the workforce*
51	1024	42

Number by Region (September 2016 SMO census)

Northern		Midland		Central		South Island		Total	
FTE*	Headcount*	FTE*	Headcount*	FTE*	Headcount*	FTE*	Headcount*	FTE*	Headcount*
159.1	188	50.5	52	47.2	57	83.3	116	340	413

*The number is not separately available but included in the total registered in Internal Medicine.