

Flex Week Proposal:

Title	Sleep Medicine	
Experience Category [bold your category]	Clinical shadowing Research-related Community Service Other:	Professional Enrichment Courses (PECs) Professional Development Wellness
Goal	To introduce students to the world of Sleep Medicine	
Brief Description	<p>Explore the dimension in which we spend a 3rd of our lives: Sleep. Students will follow a team of Sleep Specialists in a variety of accessible locations, delving into states of consciousness, oxygen deprivation, and beyond.</p> <p>*Participating students must be up-to-date with their Flu and Covid-19 vaccinations</p>	
Organizer	<p>Evette Yassa, MD Clinical Assistant Professor, Department of Family Medicine 929-777-0871 yassaes@upmc.edu</p>	
Admin Coordinator (contact info)	<p>Brittany Manning Clinical Coordinator Sleep Medicine manningb2@upmc.edu</p>	
Department	Family Medicine, Sleep Medicine	
Capacity (# students)	4	
Location	<p>CHP: The Pediatric Sleep Program at UPMC Children's Hospital of Pittsburgh: 4401 Penn Avenue Pittsburgh PA 15224. CHP Main Clinic, 3rd floor Main Hospital in the COW POD</p> <p>Monroeville: Comprehensive Lung Center Monroeville: 400 Oxford Drive Monroeville PA 15146. Suite G65 Phone: 412-380-5013</p> <p>Falk: UPMC Comprehensive Lung Center (Falk CLC): 3601 Fifth Avenue, Pittsburgh PA 15213. 4th Floor Phone: 412-692-2882</p>	

	Mercy: Comprehensive Lung Center Mercy Sleep Clinic: 1400 Locust Street, Pittsburgh PA 15219. Suite 2100 Phone: 412-232-7464
Reporting Info/First Day Location	8 AM CHP, Monroeville, Falk, or Mercy depending on the specific Flex Week
Maximum # of students	4
Minimum # of students	1

MS1 (Class of 2028)			
Week	Start Date (Mon)	End Date (Fri)	Available?
5	TUE 9/3/2024	9/6/2024	X
12	TUE 10/22/2024	10/25/2024	X
26	1/27/2025	1/31/2025	X
30	2/24/2025	2/28/2025	X
59	9/16/2025	9/20/2025	
MS2 (Class of 2027)			
Week	Start Date (Mon)	End Date (Fri)	Available?
59	9/16/24	9/20/24	X
70	12/2/2025	12/6/2025	

Weekly Schedule (5 hours/day with 2 hours synchronous activity; Avg. 25 hours per week)

The exact schedule and clinical sites will vary between Flex Weeks

Participating students are recommended to have use of s vehicle

	MON	TUE	WED	THU	FRI
AM	Shadowing in sleep medicine	Shadowing in sleep medicine	Shadowing in sleep medicine	Shadowing in sleep medicine	Shadowing in sleep medicine
PM					WELLNESS

Please be as descriptive as possible as schedule will be made available to students

Schedule splitting:	Partial OK Full required
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<p>Would it be possible for students to take SOME of the weekly schedule (e.g., just mornings or just a few half-days), or would you prefer that a student take the schedule in its entirety?</p> <p>[bold your choice]</p>	
<p>If so above, please designate which parts of your schedule this would impact</p>	<p>Will need to attend at least 3 days</p>

NOTES:

- Schedules should have activities for students at least 5hr/dy, with at least 2hr/dy synchronous
- Unlike PEC's, students will not receive grades/certificates for flex week completion