

# INTERNSHIP PROTOCOL FOR PSYCHOLOGY STUDENTS AT NITHRA INSTITUTE OF SLEEP SCIENCES

## Introduction

The one-month internship at the Nithra Institute of Sleep Sciences is designed to provide psychology students with structured exposure to the field of sleep medicine. Sleep health is closely linked with mental well-being, and an understanding of sleep disorders is essential for future clinical psychologists. This posting will enable interns to gain insight into the diagnosis and management of sleep disorders, as well as the role of counselling and psychosocial support in patient care.

## Objectives

During the internship, students are expected to:

- Gain basic knowledge of common sleep disorders (e.g., insomnia, obstructive sleep apnoea, restless legs syndrome, circadian rhythm disorders, parasomnias).
- Understand the interaction between sleep and mental health.
- Observe the role of a multidisciplinary team (sleep specialists, psychotherapist, technologists).
- Develop preliminary skills in patient interviewing and history-taking.
- Enhance communication and empathy skills while interacting with patients under supervision.

## Roles & Responsibilities

Interns are expected to:

- Observe consultations with sleep specialists and psychotherapist to understand clinical approaches.
- Take preliminary history of patients under supervision, focusing on sleep habits, lifestyle, and psychological factors.
- Attend and participate in case discussions.
- Maintain confidentiality and uphold professional ethics in all patient-related activities.
- Prepare short reflective notes or case summaries as directed by supervisors.

## Expectations & Code of Conduct

Interns are required to:

- Be punctual and adhere to clinic timings.
- Maintain professional behaviour in interactions with patients, caregivers, and staff.
- Dress appropriately in a professional manner.
- Respect patient privacy and confidentiality at all times.
- Show initiative, curiosity, and active participation in academic and clinical discussions.

## Learning Outcomes

By the end of the posting, interns should be able to:

- Recognize and describe the presentation of common sleep disorders.
- Understand the psychosocial and behavioural aspects of sleep disturbances.
- Appreciate the role of interdisciplinary teamwork in the management of sleep problems.

Demonstrate improved skills in history-taking and communication with patients.

## Assessment & Feedback

Intern performance will be assessed based on:

- Daily logbook/diary maintained by the intern, recording activities and learning.
- Supervisor feedback on participation, professionalism, and initiative.
- Reflective notes or case write-ups submitted during the posting.

Final feedback session with the supervisor at the end of the internship.