



SCNI  
Sleep and Circadian Neuroscience Institute

# Cognitive Behavioural Therapy for Insomnia

A two-day online masterclass with the University of Oxford

## Day 1 – Monday

Time	Session title	Lead
0900 – 0930	Welcome and introductions	CAE, DG, SDK, LH
0930 – 1030	The basics of sleep and sleep-wake regulation	SDK
1030 – 1045	Open break	
1045 – 1130	Insomnia: Overview, models and epidemiology	SDK
1130 – 1140	Breakout Session 1	
1140 – 1230	Assessment of insomnia and screening for other sleep disorders	DG
1230 – 1315	Lunch	
1315 – 1400	Objective measurement of sleep	LH
1400 – 1430	Foundations of healthy sleep: Sleep hygiene	DG
1430 – 1445	Open break	
1445 – 1545	Sleep restriction therapy	SDK
1545 – 1645	Stimulus control therapeutics	CAE
1645 – 1700	Breakout Session 2	
1700 – 1730	Plenary and close	CAE, DG



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## Day 2 – Tuesday

<b>Time</b>	<b>Session title</b>	<b>Lead</b>
0900 – 0915	Welcome, Day 1 refresher, OOPSM	CAE, DG, SDK, LH
0915 – 1000	Psychophysiological therapeutics	CAE
1000 – 1015	Breakout session 3	
1015 – 1100	Mindfulness and acceptance-based approaches	DG
1100 – 1115	Open Break	DG
1115 – 1215	Cognitive therapeutics	CAE
1215 – 1300	Lunch	
1300 – 1430	Sleep in specialist populations	DG
1430 – 1445	Open break	
1445 – 1645	Managing complex cases	DG, CAE, LH, SDK
1645 – 1700	Breakout session 4	
1700 – 1730	Plenary and close	CAE, DG, SDK, LH