



SCNI  
Sleep and Circadian Neuroscience Institute

# Cognitive Behavioural Therapy for Insomnia

A two-day masterclass at Somerville College, Oxford

11<sup>th</sup> – 12<sup>th</sup> September 2023

## Day 1 – Monday 11<sup>th</sup> September 2023

Time	Session title	Lead
0830 – 0900	Registration	JLC, EIH
0900 – 0930	Welcome and introductions	CAE, DG, SDK, LH
0930 – 1030	The basics of sleep and sleep-wake regulation	SDK
1030 – 1045	Break	
1045 – 1140	Insomnia: Overview, models and epidemiology	SDK
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	Break	
1445 – 1545	Sleep restriction therapy	SDK
1545 – 1700	Stimulus control therapeutics	CAE
1700 – 1730	Plenary and close	CAE, DG
1900 –	Dinner – Brasenose College	



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## Day 2 – Tuesday 12<sup>th</sup> September 2023

Time	Session title	Lead
0830 – 0900	Tea, Coffee, Pastries	JLC, EIH
0900 – 0915	Refresher session	CAE, DG, SDK, LH
0915 – 1015	Psychophysiological therapeutics	CAE
1015 – 1100	Mindfulness and acceptance-based approaches	DG
1100 – 1115	Break	
1115 – 1215	Cognitive therapeutics	CAE
1215 – 1300	Lunch	
1300 – 1430	Sleep in specialist populations	DG
1430 – 1445	Break	
1445 – 1700	Managing complex cases	CAE, DG, LH, SDK
1700 – 1730	Plenary and close	CAE, DG, LH, SDK