



Cognitive Behavioural Therapy for Insomnia

A two-day online masterclass with the University of Oxford

Day 1 – Monday

Time	Session title	
0900 – 0930	Welcome and introductions	CAE, DG, SDK
0930 – 1030	The basics of sleep and sleep-wake regulation	DG
1030 – 1045	Break	
1045 – 1130	Insomnia: Overview, models and epidemiology	NB
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	RS
1400 – 1430	Foundations of healthy sleep: Sleep hygiene	DG
1430 – 1445	Break	
1445 – 1545	Sleep restriction therapy	SDK
1545 – 1645	Stimulus control therapeutics	DG
1645 – 1700	Breakout Session 2	
1700 – 1730	Plenary and close	



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Day 2 – Tuesday

Time	Session title	
0900 – 0915	Welcome and refresher session	CAE, DG
0915 – 1000	Psychophysiological therapeutics	SP
1000 – 1015	Breakout session 3	
1015 – 1100	Emerging therapies: Mindfulness and acceptance-based approaches	DG
1100 – 1115	Break	
1115 – 1215	Cognitive therapeutics	CAE
1215 – 1300	Lunch	
1300 – 1430	Sleep across the lifespan	DG
1430 – 1445	Break	
1445 – 1645	Case examples: Putting CBT-I into practice	DG
1645 – 1700	Breakout session 4	
1700 – 1730	Plenary and close	