



SCNI  
Sleep and Circadian Neuroscience Institute

# Cognitive Behavioural Therapy for Insomnia

A two-day online masterclass with the University of Oxford

13<sup>th</sup> & 14<sup>th</sup> May 2024

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## Day 1 – Monday 13th May 2024

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



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## Day 2 – Tuesday 14th May 2024

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