**Behavioural Sleep Medicine**

Behavioural Sleep Medicine addresses behavioural dimensions of normal and abnormal sleep mechanisms and the prevention, assessment, and treatment of sleep disorders and associated behavioural and emotional problems. In the past decades, research has shown that non-drug treatments for insomnia (especially cognitive-behavioural therapy for insomnia, CBT-I) can improve sleep in all age groups.

**Workshop**
The three-day online course on behavioural sleep medicine aims at providing up-to-date information on the treatment of insomnia through behavioural and cognitive methods. This includes psychoeducation, relaxation therapy, stimulus control, sleep restriction therapy, and cognitive therapy. The course is aimed at professionals involved in the diagnosis and treatment of insomnia and is open to applicants from all countries. The course will be held in English, thus competence in understanding spoken English is required.

**Target audience**
Physicians, clinical psychologists and other health care professionals seeking to increase their knowledge of cognitive behavioural therapy for insomnia (CBT-I).

**Information for your online attendance**

**Homepage**

**Registration**
Registration fee 500 EUR
The registration fee includes the participation in the scientific programme, all event documents such as handouts and CME-Points.

**Online registration**

**Number of participants**
Minimum 20
Maximum 50

**Registration information**
Registration must be submitted no later than two weeks before the workshop. Cancellations can be made in written form only and only will be accepted if received by 23 March 2021. A cancellation fee of 50 EUR will be charged. Any cancellations after this date or no-shows at the event are not eligible for a refund and the full fee in accordance to the registration invoice or confirmation will be due.

**Organisation of the scientific programme**

Prof. Dr. Dieter Riemann
University Medical Center Freiburg
Department of Psychiatry and Psychotherapy

**General inquiries**
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**Cognitive behavioural therapy for insomnia (CBT-I)**

22–24 April 2021

Deutsche Gesellschaft für Schlafforschung und Schlafmedizin (DGSM) e. V.

Endorsed by the European Research Society
Speakers

Dieter Riemann, PhD
Professor of Clinical Psychophysiology and Director of the sleep centre at the University of Freiburg Medical Centre; Behavioral somnologist (DGSM, ESRS); Licensed psychotherapist and supervisor

Christoph Nissen, MD
Professor of Clinical Psychiatry and Psychotherapy, Chief physician (clinic) and vice director of the University Hospital of Psychiatry and Psychotherapy, Bern/Switzerland

Kai Spiegelhalder, MD PhD
Professor (apl.) of Psychology; Senior researcher and research group leader at the University of Freiburg Medical Centre; Licensed psychotherapist

Chiara Baglioni, PhD
Professor at the Telematic University of Rome; Senior researcher at the University of Freiburg Medical Centre; Licenced psychotherapist

Lukas Frase, MD
Senior physician and research group leader at the Department of Psychiatry and Psychotherapy, University Medical Center Freiburg

Anna Johann, M.Sc.
Clinical psychologist at the Department of Psychiatry and Psychotherapy, University Medical Center Freiburg

Elisabeth Hertenstein, PhD
Clinical psychologist and post-doc at the University Psychiatric Services Bern, Switzerland

Programme

THURSDAY, 22 APRIL 2021 | 3:00 pm – 6:45 pm CET
3:00 pm Welcome and course information
   Dieter Riemann, Christoph Nissen, Kai Spiegelhalder, Chiara Baglioni, Lukas Frase, Anna Johann, Elisabeth Hertenstein
3:30 pm Overview of normal sleep
   Dieter Riemann
5:00 pm Afternoon break
5:15 pm Clinical diagnostics of sleep disorders
   Kai Spiegelhalder

FRIDAY, 23 APRIL 2021 | 9:00 am – 6:00 pm CET
9:00 am Sleep restriction therapy and stimulus control therapy
   Anna Johann
10:30 am Morning break
10:45 am Opportunities and limitations of CBT-I in acute psychiatric care
   Christoph Nissen
12:15 pm Lunch break
1:00 pm Psychoeducation, relaxation therapy, cognitive therapy
   Kai Spiegelhalder
2:30 pm Afternoon break
2:45 pm CBT-I in comorbid insomnia
   Anna Johann
4:15 pm Afternoon break
4:30 pm Acceptance and commitment therapy for insomnia
   Elisabeth Hertenstein

SATURDAY, 24 APRIL 2021 | 9:00 am – 12:15 pm CET
9:00 am CBT-I in children and adolescents
   Chiara Baglioni
10:30 am Morning break
10:45 am Pharmacotherapy for insomnia
   Lukas Frase

Further information

We would be very happy to welcome you in the wonderful city of Freiburg (and we will be happy to do so in the future!). However, due to the COVID-19 pandemic, our course will be held online in 2021. Further information will be provided after registration.