

CBT Workshop
5 – 6 February 2018
Wolfson College, Oxford

DAY 1 – Monday 5 February 2018	
0900-0945	Registration
0945-1000	Welcome
1000-1100	Sleep-wake regulation: an overview
1100-1130	Break
1130-1230	Sleep-wake regulation continued
1230-1330	CBT-I theories and models
1330-1430	Lunch
1430-1530	Stimulus control
1530-1600	Break
1600-1700	Sleep restriction
1700-1800	Round-up, look-ahead and discussion
DAY 2 – Tuesday 6 February 2018	
0900-1000	Arousal and sleep hygiene
1000-1100	Cognitive approaches
1100-1130	Break
1130-1230	Combining components
1230-1330	Sleep in specialist populations
1330-1430	Lunch
1430-1530	Sleep in specialist populations continued
1530-1600	Break
1600-1800	Clinical case studies