



Newcastle Sleep Study Days

SLEEP TRAINING DAYS

1st/2nd JULY 2019

For the fifth year, the Regional Sleep Service in Newcastle is hosting two sleep training days in 2019. Come to either or both days and bring your team. The cost has been kept deliberately low to encourage and enable attendance.

Monday 1st July 2019 9.30am-4.30pm

Assessing and Treating Insomnia—a practical guide to CBT for insomnia

Led by Sleep Neurologist, Dr Kirstie Anderson. Evidence based, and effective, but underused within the NHS. This day would help any health care professionals who see and treat patients with poor sleep and want to put CBTi techniques into their practice. Overview of sleep and sleep disorders, assessment tools and CBTi components. Case histories and small group teaching. Online training manual supplied.

Previous years sold out, so book early to guarantee a place.

Tuesday 2nd July 2019 9.30am-4.00pm (registration from 9am)

Child and adolescent sleep disorders

New for 2019, a review of sleep in children and adolescents. Understanding sleep from birth to 18.

- Sleep physiology through development
- Narcolepsy - diagnosis and treatment
- Circadian rhythm disorders
- Nightmares, causes and cures
- Difficult cases—challenging bedtime stories

Both days are ideal for anyone who sees patients with sleep disorders.

Feedback from previous years: “Really knowledgeable, friendly and approachable. Will build suggestions into my clinical practice”, “Workshops were very informative”, “Well planned, practical points”, “Gave me lots of ideas to improve my service”.

Five CPD points per day. Cost £50 per day

Location: Lecture Theatre, Institute of Transplantation, Freeman Hospital, NE7 7DN



The main hospital car parks are Pay and Display. There is good public transport accessibility. 3.6 miles from Newcastle Central Station.

A short walk from South Gosforth or Longbenton Metro stations.

Newcastle Regional Sleep Service

Freeman Hospital
High Heaton
Newcastle upon Tyne
NE7 7DN

For registration & programme
Tel 0191 282 3111 (opt5)

Email
gemma.richardson5@nhs.net



The Newcastle upon Tyne Hospitals 
NHS Foundation Trust