



# Newcastle Sleep Study Days

## SLEEP TRAINING DAYS

28/29th June 2021

For the seventh year, the Regional Sleep Service in Newcastle is hosting sleep training days in 2021. Come to either or both days and bring your team. The cost is deliberately low to enable attendance. Face to face and interactive teaching.

**Monday 28th June 2021 9.30am-4.30pm (registration 9.00am)**

### Assessing sleep and treating Insomnia—a practical guide to CBT for insomnia

Led by Dr Kirstie Anderson and Dr Clare Bolton, Neurologists and Dr David O'Regan, Psychiatrist. Evidence based, and effective. 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 29th June 2021 9.30am-4.00pm (registration 9.00am)**

### Updates in sleep medicine

Covering obstructive sleep apnoea, restless legs, narcolepsy, circadian rhythm disorders and parasomnia and sleep medications

- Updates in diagnosis and treatment of OSA – Dr Sophie West
- Narcolepsy - diagnosis and new therapies – Dr Kirstie Anderson
- Circadian rhythm disorders and restless legs – Dr Clare Bolton
- A practical approach to prescribing in the sleep clinic
- Difficult cases—challenging bedtime stories and video quiz

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: **New Education Centre, Royal Victoria Infirmary NE1 4LP**



The main hospital car parks are Pay and Display. There is good public transport accessibility. 10 mins from Newcastle Central Station. A short walk from Haymarket metro station.

## Newcastle Regional Sleep Service

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For registration & programme  
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The Newcastle upon Tyne Hospitals   
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