



The Royal Society of Medicine

# Introduction to sleep medicine

Tuesday 3 February 2026 | 8:45am to 5:30pm GMT | At the RSM, London

This one-day sleep medicine event will situate attendees within the wider context of modern sleep science - from the physiology of sleep and its evolution across the lifespan, through to complex conditions such as dementia-related sleep disruption, parasomnias, restless legs syndrome, hypersomnolence disorders, and obstructive sleep apnoea.

