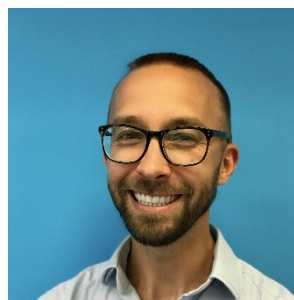




TMF SLEEP WORKSHOPS



Professor Colin Espie



Dr Dimitri Gavrilloff

Day 1 – Monday 30th October 2023 9:30am-4pm

	Module	Session Title
AM	Module 1	What is sleep and why does it matter? (core learning about sleep, health, and functioning)
PM	Module 2	Sleep Therapeutics Part 1 (understanding and managing common sleep problems like insomnia)

Day 2 – Tuesday 31st October 2023 9:30am-4pm

	Module	Session Title
AM	Module 2	Sleep Therapeutics Part 2 (understanding and managing common sleep problems like insomnia)
PM	Module 2	Sleep Therapeutics Part 3 (understanding and managing common sleep problems like insomnia)

Day 3 – Monday 13th November 2023 9:30am-4pm

	Module	Session Title
AM	Module 3	Sleep Deprivation (understanding and mitigating the effects of insufficient sleep)
PM	Module 4	Sleep and Traumatic Experiences (understanding and managing the impact of trauma on sleep)