

Title of workshop:

«Sleep and Brain Health: Practical Approaches to Nonpharmacological Treatment of Sleep Problems»

Presenter:

- Håvard Kallestad, PhD, Senior Researcher and Clinical Psychologist, Head of the Trondheim Sleep and Chronobiology Research Group, Norwegian University of Science and Technology, St. Olavs Hospital

Brief description of workshop:

Sleep problems are common and also linked with a range of psychiatric and neurological conditions. They can have a substantial impact on daily functioning and the overall quality of life for a large part of the population. Nonpharmacological approaches are generally the most effective means of improving sleep quality, but these methods have typically not been given sufficient attention within clinical education programs.

This workshop will offer practical and focused insights. Participants will gain a comprehensive understanding of the importance of addressing sleep problems within a clinical context. Additionally, they will acquire practical techniques for evaluating sleep health clinically, along with effective non-pharmacological strategies for addressing prevalent sleep disorders such as insomnia and circadian rhythm disruptions.

Key learning objectives:

Workshop attendees will develop both theoretical and hands-on proficiencies in the following areas:

- The significance of sleep-wake disturbances in mental and physical health, encompassing the impact on cognitive and emotional functioning.
- Utilization of clinical assessment instruments for the diagnosis and differentiation of sleep-wake disorders.
- Implementation of evidence-based, nonpharmacological interventions that can be readily integrated into diverse clinical practices.