

## Behavioural Sleep Medicine

Behavioural Sleep Medicine addresses behavioural dimensions of normal and abnormal sleep mechanisms and the prevention, assessment, and treatment of sleep disorders and associated behavioural and emotional problems. In the past decades, research has shown that non-drug treatments for insomnia (especially cognitive-behavioural therapy for insomnia, CBT-I) can improve sleep in all age groups.

### Workshop

The three-day online course on behavioural sleep medicine aims at providing up-to-date information on the treatment of insomnia through behavioural and cognitive methods. This includes psychoeducation, relaxation therapy, stimulus control, sleep restriction therapy, and cognitive therapy. The course is aimed at professionals involved in the diagnosis and treatment of insomnia and is open to applicants from all countries. The course will be held in English, thus competence in understanding spoken English is required.

Thursday, 3 April 2025	3:00 pm – 6:45 pm
Friday, 4 April 2025	9:00 am – 6:00 pm
Saturday, 5 April 2025	9:00 am – 12:30 pm

*Please be aware that the time schedule is planned in CET – Central Europe Time.*

### Target audience

Physicians, clinical psychologists and other health care professionals seeking to increase their knowledge of cognitive behavioural therapy for insomnia (CBT-I).

## Information for your online attendance

### Important links

- [Homepage](#)
- [Registration](#)

### Registration

Registration fee 500 EUR

The registration fee includes the participation in the scientific programme, all event documents such as handouts and CME-Points.

### Registration information

Registration must be submitted no later than two weeks before the workshop. Cancellations can be made in written form only and only will be accepted if received by 1 March 2025. A cancellation fee of 50 EUR will be charged. Any cancellations after this date or no-shows at the event are not eligible for a refund and the full fee in accordance to the registration invoice or confirmation will be due.

### Number of participants

Minimum	20
Maximum	50

### Organisation of the scientific programme

Dieter Riemann, PhD  
Medical Center – University of Freiburg  
Department of Psychiatry and Psychotherapy

### General inquiries

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## Cognitive behavioural therapy for insomnia (CBT-I)

3 April–5 April 2025



Deutsche Gesellschaft  
für Schlafforschung und  
Schlafmedizin (DGSM) e. V.

Endorsed by the



European Sleep Research Society  
Sleep Research and Sleep Medicine in Europe

## Speakers



### Dieter Riemann, PhD

Professor emeritus of Clinical Psychophysiology at the Department of Psychiatry and Psychotherapy, Medical Center - University of Freiburg, Germany; Licensed psychotherapist and supervisor



### Christoph Nissen, MD

Professor, Faculty of Medicine; Director, Psychiatric Specialties Geneva University Hospitals (HUG), Geneva, Switzerland



### Kai Spiegelhalder, MD PhD

Professor of Psychology; Head of the Section for Psychiatric Sleep Research and Sleep Medicine at the Department of Psychiatry and Psychotherapy, Medical Center - University of Freiburg, Germany; Licensed psychotherapist and supervisor



### Chiara Baglioni, PhD

Professor at the Telematic University of Rome, Italy; Licenced psychotherapist



### Lukas Frase, MD

Senior physician and research group leader at the Department of Psychosomatic Medicine and Psychotherapy, Medical Center - University of Freiburg, Germany



### Anna Johann, PhD

Clinical psychologist at the Department of Psychiatry and Psychotherapy; Medical Center - University of Freiburg; Licenced psychotherapist



### Elisabeth Hertenstein, PhD

Clinical psychologist and post-doc at the Department of Psychiatry, University of Geneva, Switzerland; Licenced psychotherapist

## Programme

### Thursday, 3 April 2025 | 3:00 pm – 6:45 pm CET

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|---------|--|
| 3:00 pm | Welcome and course information                               |
| 3:30 pm | Overview of normal sleep<br>Dieter Riemann                   |
| 5:00 pm | Afternoon break  |
| 5:15 pm | Clinical diagnostics of sleep disorders<br>Kai Spiegelhalder |

### Friday, 4 April 2025 | 9:00 am – 6:00 pm CET

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|----------|---|
| 9:00 am  | Sleep restriction therapy and stimulus control therapy<br>Anna Johann       |
| 10:30 am | Morning break   |
| 10:45 am | Opportunities and limitations of CBT-I in psychiatry<br>Christoph Nissen    |
| 12:15 pm | Lunch break   |
| 1:00 pm  | Psychoeducation, relaxation therapy, cognitive therapy<br>Kai Spiegelhalder |
| 2:30 pm  | Afternoon break   |
| 2:45 pm  | CBT-I in comorbid insomnia<br>Anna Johann                                   |
| 4:15 pm  | Afternoon break   |
| 4:30 pm  | Acceptance and commitment therapy for insomnia<br>Elisabeth Hertenstein     |

### Saturday, 5 April 2025 | 9:00 am – 12:15 pm CET

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|----------|--|
| 9:00 am  | CBT-I in children and adolescents<br>Chiara Baglioni |
| 10:30 am | Morning break  |
| 10:45 am | Pharmacotherapy for insomnia<br>Lukas Frase          |

## Further information



Further information will be provided after registration.