



EDINBURGH SLEEP MEDICINE COURSE Monday 11th May 2026 – Friday 15th May 2026

Monday 11th May 2026

- 09:30 Registration desk opens
- 10:00 Welcome and course information
- 10:15 Overview of Normal Sleep and Sleep Disorders – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
- 11:30 Sleep Systems – where have we been and where are we going? – **Dr Kebir Sabil** (*Cloud Sleep Lab*)
- 12:30 Lunch
- 13:30 Sleep Disordered Breathing (OSAHS) – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
- 14:30 Coffee Break
- 14:45 Central Sleep Apnoea – diagnosis, management and outcomes – **Dr Sandrine Launois** (*National Institute of Sleep and Vigilance / CEREVES*)
- 15:45 Excessive Daytime Sleepiness – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
- 16:30 Daily Summary

WELCOME RECEPTION: 4.30PM – 8.00PM (Food and refreshments provided)

Tuesday 12th May 2026

- 09:30 Control of Breathing during Sleep – **Dr Michelle Ramsay** (*Guy's and St Thomas' NHS Foundation Trust*)
- 10:30 Neuroimaging of Sleep – **Dr Renate Wehrle** (*vflv – Training Institute Munich*)
- 11:30 Morning tea
- 11:45 Sleep Pharmacology – pathways and medications – **Prof William Wisden** (*Imperial College London*)
- 12:45 Lunch
- 13:45 Anatomy of the Upper Airway/Surgery for Sleep Apnoea – **Prof Bhik Kotecha** (*Barking, Havering and Redbridge NHS Hospitals Trust and The Royal National Throat, Nose and Ear Hospital, London*)
- 14:45 CPAP – treatment and troubleshooting – **Dr Esther Schwarz**
- 15:45 Afternoon tea
- 16:00 Cardiometabolic consequences of sleep apnoea - are they real? – **Dr Chris Turnbull** (*University of Oxford*)
- 17:00 Daily summary

Wednesday 13th May 2026

- 09:00 Polysomnography – **Andrew Morley** (*Royal Hospital for Children, Glasgow*)
- 10:15 Morning tea
- 10:30 Sleep/CBT-I Case Studies/CPAP/Interpreting PSG Studies
- 11:30 Workshop changeover
- 11:45 Sleep/CBT-I Case Studies/CPAP/Interpreting PSG Studies
- 12:45 Lunch
- 13:45 Sleep/CBT-I Case Studies/CPAP/Interpreting PSG Studies
- 14:45 Daily Summary

Workshop presenters: **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*), **Donna Fairley** (*Sleep Consultancy Ltd*), **Jay Jaye** (*Resmed*), **Lynn Murray** (*Royal Hospital for Children, Glasgow*), **Andrew Morley** (*Royal Hospital for Children, Glasgow*)

Thursday 14th May 2026

- 09:00 Sleep and Psychiatry – **Dr David O'Regan** (*Guy's and St Thomas' NHS Foundation Trust*)
10:00 Circadian Rhythm Sleep/Wake Disorders – **Prof Debra Skene** (*University of Surrey*)
11:15 Morning tea
11:30 Restless legs and Movement Disorders in Sleep – **Dr Kirstie Anderson** (*Newcastle upon Tyne Hospitals NHS Foundation Trust*)
12:15 Parasomnias – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
13:15 Lunch
14:15 Narcolepsy – **Prof Geert Mayer** (*The Philipps University in Marburg/Germany*)
15:15 Epilepsy and Sleep – **Prof Matthew Walker** (*University College London*)
16:15 Daily Summary

Friday 15th May 2026

- 09:00 Sleep Course Assessment (50 multiple choice questions)
09:30 Insomnia – **Prof Jason Ellis** (*Northumbria University*)
11:00 Morning tea
11:15 Sleepiness and Driving – **Dr Dipansu Ghosh** (*Leeds Teaching Hospitals NHS Trust*)
12:15 Case Studies – **Dr Renata Riha** (*Edinburgh Royal Infirmary/ University of Edinburgh*)
13:30 Lunch
14:15 Sleep Course Assessment Overview

15:30 SLEEP COURSE FINISH



CBT-I COURSE PROGRAMME

Saturday 16th May – Sunday 17th May 2026

Saturday 16th May – Theory and Definition

08:45 Registration
09:00 Welcome & Introduction
09:15 Session 1: Defining Insomnia
10:15 Session 2: Models of Insomnia
11:15 Morning tea
11:30 Session 3: Differential Diagnosis
12:30 LUNCH
13:30 Session 4: Who is a candidate for CBT-I?
14:30 Break
14:45 Session 5: Structure and Tools for CBT-I
15:45 Afternoon tea
16:00 Session 6: Sleep Hygiene and Education
17:00 Summary & Questions

Sunday 17th May – Practice and Peer Supervision

09:00 Review of yesterday
09:15 Session 7: Sleep Restriction
10:15 Session 8: Stimulus Control
11:15 Morning tea
11:30 Session 9: Cognitive Therapy I
12:30 LUNCH
13:30 Session 10: Cognitive Therapy II
14:30 Afternoon tea
14:45 Session 11: Peer Support
15:45 Closing Remarks