First-Line Treatment for Insomnia in Primary Care

MAY 1, 2020
DONALD GORDON CENTRE | KINGSTON, ON

SCHEDULE
8:30 AM - Insomnia Case - Setting the Stage
9:00 AM - Insomnia Assessment & Treatment Overview
9:55 AM - Nutrition Break
10:10 AM - CBT-I: Sleep Scheduling
11:10 AM - CBT-I: Calming the Racing Mind
12:00 PM - Lunch
12:45 PM - Medications for Insomnia & How to Stop Using Them
1:45 PM - Concurrent Workshops - Choose One:
- Brief Appointments to Support Deprescribing & CBT-I
- Running a CBT-I Group Program
2:45 PM - Nutrition Break
3:00 PM - Case Conceptualization & Discussion
3:45 PM - Applying the Strategies to your Setting: Addressing Your Questions
4:30 PM - Program Close

https://healthsci.queensu.ca/faculty-staff/opdes/programs/insomnia2020