



## Advanced CBT-I 2018

Thursday-Saturday, April 5<sup>th</sup>-7<sup>th</sup> 2018, Houston Hall, Penn Campus, Philadelphia, PA

### Day One Thursday, April 5<sup>th</sup>

8:00-8:15

Welcome & Overview  
Michael Perlis PhD

8:15-9:45

Review of Advanced Insomnia Models  
Michael Perlis PhD

----- 15min break at 9:45 -----

10:00-11:15

Lecture on alternative delivery systems  
(phone, internet, skype)  
Jason Ellis PhD

11:15-12:15

Lecture on alternative measurement of  
sleep (actigraphy, zeo, etc.) Jason  
Ellis PhD

\*\* 12:15-1:15 Lunch Break \*\*

1:15-2:30

Lecture on adjuvant and/or alternative  
treatments (e.g., sleep compression)  
Donn Posner PhD

2:30-3:45

Lecture on Med Titration  
Donn Posner PhD

----- 15min break at 3:45 -----

4:00-5:00

Lecture on interpreting PSG reports  
Michael Perlis PhD

5:00-5:30

QnA

### Day Two Friday, April 6<sup>th</sup>

8:00-9:00

Lecture on combo Tx (Meds and CBT-I)  
Michael Perlis PhD

9:00-12:15 (\*15min  
break at 10:15) Case  
Presentations

Michael Perlis, Jason Ellis, Donn Posner

\*\* 12:15-1:15 Lunch Break \*\*

1:15-5:00

(\*15min break at 3:30)

Case Presentations by Attendees

### Day Three Saturday, April 7<sup>th</sup>

8:00-12:15 (\*15min break at  
10:00) Remaining Case  
Presentations

\*\* 12:15-1:15 Lunch Break \*\*

1:15-5:00

(\*15min break at 3:30)

Review of Classical resistances  
&  
Role plays

#### Research on Insomnia and Research Limitations:

- Epidemiologic and Experimental insomnia research, while suggestive, does not imply causality
- Clinical Trial Efficacy Studies on CBT-I may have limited generalizability
- Clinical Trial Efficacy Studies on sedatives may have limited generalizability