Day One Thursday, April 16th

8-930
Lecture on alternative delivery systems (phone, internet, skype)
Jason Ellis PhD
945-1015
Lecture on alternative measurement of sleep (actigraphy, zeo, etc.)
Jason Ellis PhD
1030-1130
Lecture on adjuvant and/or alternative treatments (e.g., sleep compression)
Donn Posner PhD
1145-1245
Lecture on interpreting PSG reports
Michael Perlis PhD
** 1245-145 Lunch Break **
145-245
Lecture on combo Tx (Meds and CBT-I)
Michael Perlis PhD

Day Two Friday, April 17th

300-400
Lecture on Med Titration
Donn Posner PhD
400-500
Additional time for lectures
Additional time for QnA

Day Three Saturday, April 18th

8-Noon
Practice of case data analysis, for therapeutic prescription and adjustment and assessment of resistance using remaining course attendee case examples.

** 1245-145 Lunch Break **
1-5pm
Review of classical resistances & role plays common resistances will be reviewed and role-plays will be used to demonstrate how to address such issues.

** NOTE:**
All 3 days will run from 8-5pm with breaks every 60-90 minutes and a break for lunch. Lectures and activities may significantly vary in their start times given attendee participation and lecturer extemporization and circumlocution.

For more information about the course, please visit [http://www.med.upenn.edu/cbti](http://www.med.upenn.edu/cbti)