



Advanced CBT-I 2019

Thursday-Saturday, April 18th-20th 2019, Houston Hall, Penn Campus, Philadelphia, PA

Day One Thursday, April 18th

8:00-9:45

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 19th

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 20th

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

