



Penn

2026 ADVANCED CBT-I COURSE

DAY 1

8:00-9:00	Welcome
9:15-10:45	Review of Advanced Insomnia Models <i>(Michael Perlis PhD)</i>
11:00-12:30	Alternative Means of Measurement (Actigraphy/Wearables) <i>(Michael Grandner, PhD)</i>
12:30-1:15	Lunch Break
1:15-2:45	Adjuvant/Alternative Treatments <i>(Donn Posner PhD)</i>
3:00-4:30	Alternative Means of Tx Delivery <i>(Jason Ellis, PhD)</i>
4:45-5:45	Lecture on Interpreting PSG reports <i>(Michael Perlis, PhD)</i>

DAY 2

8:00-9:30	To Medicate or Not Medicate <i>(Donn Posner, PhD)</i>
9:45-12:30	<u>Attendees Choice:</u> Combo Treatment (Meds & CBT-I) --OR-- Medical Tx - Review of Options <i>(Michael Perlis, PhD)</i>
12:30-1:15	Lunch Break
1:15-5:45	Optional time for prior talks Group Discussion: <i>Getting Referrals</i> <i>Example Case Presentations</i> <i>Attendee Case Presentations</i>

DAY 3

8:00-12:15	Remaining Case Presentations
12:30-1:15	Lunch Break
1:15-5:45	Review of Classical Resistances Role Plays

NOTE

All 3 days will run from 8-6pm 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/or lecturer extemporization and circumlocution.

For more information about the course, please visit: <http://www.med.upenn.edu/cbti>