

# Behavioural Sleep Medicine

Behavioural Sleep Medicine addresses behavioural dimensions of normal and abnormal sleep mechanisms and the prevention, assessment, and treatment of sleep disorders and associated behavioural and emotional problems. In the past decades, research has shown that non-drug treatments for insomnia (especially cognitive-behavioural therapy for insomnia, CBT-I) can improve sleep in all age groups.

## Workshop

The three-day online course on behavioural sleep medicine aims at providing up-to-date information on the treatment of insomnia through behavioural and cognitive methods. This includes psychoeducation, relaxation therapy, stimulus control, sleep restriction therapy, and cognitive therapy. The course is aimed at professionals involved in the diagnosis and treatment of insomnia and is open to applicants from all countries. The course will be held in English, thus competence in understanding spoken English is required.

Thursday, 26 March 2026	3:00 pm – 6:45 pm
Friday, 27 March 2026	9:00 am – 6:00 pm
Saturday, 28 March 2026	9:00 am – 12:30 pm

*Please be aware that the time schedule is planned in CET – Central Europe Time.*

## Target audience

Physicians, clinical psychologists and other health care professionals seeking to increase their knowledge of cognitive behavioural therapy for insomnia (CBT-I).

# Information for your online attendance

## Important links

- [Homepage](#)
- [Registration](#)

## Registration

Registration fee 500 EUR

The registration fee includes the participation in the scientific programme, all event documents such as handouts and CME-Points.

## Registration information

Registration must be submitted no later than two weeks before the workshop. Cancellations can be made in written form only and only will be accepted if received by 12 February 2026. A cancellation fee of EUR 150 will be charged. Any cancellations after this date or no-shows at the event are not eligible for a refund and the full fee in accordance to the registration invoice or confirmation will be due.

## Number of participants

Minimum	20
Maximum	50

## Organisation of the scientific programme

Prof. Dr. Dr. Kai Spiegelhalter  
Medical Center – University of Freiburg  
Department of Psychiatry and Psychotherapy

## General inquiries

Conventus Congressmanagement & Marketing GmbH  
Ms. Jessica Kolb  
Tel: +49 (0) 3641 31 16-341  
E-Mail: [Jessica.kolb@conventus.de](mailto:Jessica.kolb@conventus.de)



© FWTM/Schoenen

# Cognitive behavioural therapy for insomnia (CBT-I)

26 March–28 March 2026



Deutsche Gesellschaft für Schlafforschung und Schlafmedizin (DGSM) e. V.



Endorsed by the European Research Society

## Speakers



### Dieter Riemann, PhD

Professor emeritus of Clinical Psychophysiology at the Department of Psychiatry and Psychotherapy, Medical Center - University of Freiburg, Germany; Licensed psychotherapist and supervisor



### Christoph Nissen, MD

Professor, Faculty of Medicine; Director, Psychiatric Specialties Geneva University Hospitals (HUG), Geneva, Switzerland



### Kai Spiegelhalder, MD PhD

Professor of Psychology; Head of the Section for Psychiatric Sleep Research and Sleep Medicine at the Department of Psychiatry and Psychotherapy, Medical Center - University of Freiburg, Germany; Licensed psychotherapist and supervisor



### Chiara Baglioni, PhD

Professor at the Telematic University of Rome, Italy; Licenced psychotherapist



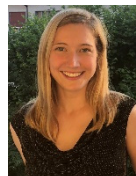
### Lukas Frase, MD

Senior physician and research group leader at the Department of Psychosomatic Medicine and Psychotherapy, Medical Center - University of Freiburg, Germany



### Anna Johann, PhD

Clinical psychologist at the Department of Psychiatry and Psychotherapy; Medical Center - University of Freiburg; Licenced psychotherapist



### Elisabeth Hertenstein, PhD

Clinical psychologist and post-doc at the Department of Psychiatry, University of Geneva, Switzerland; Licenced psychotherapist

## Programme

### Thursday, 26 March 2026 | 3:00 pm – 6:45 pm CET

- 3:00 pm Welcome and course information  
Dieter Riemann, Christoph Nissen, Kai Spiegelhalder, Chiara Baglioni, Lukas Frase, Anna Johann, Elisabeth Hertenstein
- 3:30 pm Overview of normal sleep  
Dieter Riemann
- 5:00 pm Afternoon break
- 5:15 pm Clinical diagnostics of sleep disorders  
Kai Spiegelhalder

### Friday, 27 March 2026 | 9:00 am – 6:00 pm CET

- 9:00 am Sleep restriction therapy and stimulus control therapy  
Anna Johann
- 10:30 am Morning break
- 10:45 am Psychoeducation, relaxation therapy, cognitive therapy  
Kai Spiegelhalder
- 12:15 pm Lunch break
- 1:00 pm CBT-I in comorbid insomnia  
Anna Johann
- 2:30 pm Afternoon break
- 2:45 pm Opportunities and limitations of CBT-I in psychiatry  
Christoph Nissen
- 4:15 pm Another afternoon break
- 4:30 pm Acceptance and commitment therapy for insomnia  
Elisabeth Hertenstein

### Saturday, 28 March 2026 | 9:00 am – 12:15 pm CET

- 9:00 am CBT-I in children and adolescents  
Chiara Baglioni
- 10:30 am Morning break
- 10:45 am Pharmacotherapy for insomnia  
Lukas Frase

## Further information



Further information will be provided after registration.