

**CBT-I Workshop, Medical University of South Carolina**

Friday, April 12, 2019| 8:30 AM – 5:00 PM

8:00 A.M. **Sign-In and Continental Breakfast**

8:30 A.M. **Introduction**

Dr. Taylor

8:45 A.M. **Basics of Sleep**

Dr. Brim

9:15 A.M. **Assessment**

Dr. Taylor

10:15 A.M. **Behavioral Model of Insomnia**

Dr. Morin

10:45 A.M. **Morning Break**

11:00 A.M. **Sleep Restriction & Stimulus Control**

Dr. Dolan

12:00 P.M. **Lunch Break**

1:00 P.M. **Sleep Diary Practice**

Dr. Dolan

1:15 P.M. **Relaxation**

Dr. Peterson

2:00 P.M. **Cognitive Restructuring**

Dr. Morin

3:00 P.M. **Sleep Hygiene**

Dr. Taylor

3:15 P.M. **Problem Solving**

Dr. Peterson

3:30 P.M. **Afternoon Break**

3:45 P.M. **Relapse Prevention**

Dr. Brim

4:00 P.M. **Efficacy of CBT-I**

TBD

4:00 P.M. **Questions/Panel**

Everyone

4:15 P.M. **Closing Remarks, sign-out and adjourn**

 Dr. Taylor