INSOMNIA INTERVENTIONS
First-Line Treatment for Insomnia in Primary Care

SCHEDULE

APRIL 21 at 4PM  
- Setting the Stage: Insomnia Assessment & Treatment Overview
APRIL 28 at 4PM  
- Cognitive Behavioural Therapy for Insomnia (CBT-I): Sleep Scheduling
ON-DEMAND MODULE  
- CBT-I: Calming the Racing Mind
ON-DEMAND VIDEO  
- Sleeping Pills and How to Safely and Effectively Stop Their Chronic Use
MAY 5 at 4PM  
- Case-Based Approach to Developing Abilities for Stopping Long-Term Use of Sedative-Hypnotics
MAY 11 at 4PM  
- Brief appointments to support CBT-I and Deprescribing of Sedative-Hypnotics
MAY 12 at 4PM  
- Running a CBT-I Group Program
MAY 19 at 4PM  
- Applying the Strategies to your Setting: Addressing Your Questions

https://healthsci.queensu.ca/faculty-staff/opdes/programs/insomnia2021