

## Insomnia, Nightmares and Sleep Disorders CPD Update

**Date:** Wednesday 15 April 2026

**Venue:** Events Air

Time	Session
Session Chair: Dr Hugh Selsick	
<b>9.30 - 9.35am</b>	<p><b>Welcome</b></p> <p>Dr Lauren Waterman, Consultant Psychiatrist, Camden South Core Team, North London NHS Foundation Trust</p> <p>Dr Hugh Selsick, Consultant Psychiatrist, Insomnia and Behavioural Sleep Medicine Clinic, University College London Hospitals.</p>
<b>9.35 - 10.25am</b>	<p><b>Insomnia treatment pathways</b></p> <p>Dr Lauren Waterman</p>
<b>10.25 - 11.10am</b>	<p><b>Sexsomnia and other parasomnias: forensic aspects</b></p> <p>Professor Matthew Walker, Consultant Neurologist, UCL Queen Square Institute of Neurology and National Hospital for Neurology and Neurosurgery</p>
<b>11.10 - 11.25am</b>	<b>Q&amp;A session</b>
<b>11.25 - 11.55am</b>	<b>Break</b>
Session Chair: Dr Hugh Selsick	
<b>11.55am - 12.40pm</b>	<p><b>Sleep in psychiatric wards</b></p> <p>Dr Kirstie Anderson, Consultant Neurologist, Newcastle upon Tyne Hospitals, and an Honorary Clinical Senior Lecturer in Newcastle University</p>
<b>12.40 - 12.50pm</b>	<b>Q&amp;A session</b>
<b>12.50 - 1.40pm</b>	<b>Lunch</b>
Session Chair: Newsha Hajiloo	

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<b>1.40 – 2.25pm</b>	<b>Psychological and medical treatment of nightmares</b> Catherine Ouriach, Cognitive Behavioural Therapist, British Association for Behavioural and Cognitive Psychotherapies and Dr Hugh Selsick
<b>2.25 – 3.00pm</b>	<b>Prescribing for sleep in special populations</b> Jasvinder Kaler, Senior Pharmacist, Sleep Disorders Centre, GSTT
<b>3.00 – 3.15pm</b>	<b>Q&amp;A session</b>
<b>3.15 – 3.45pm</b>	<b>Break</b>
Session Chair: Dr Lauren Waterman	
<b>3.45 – 4.30pm</b>	<b>The circadian system in psychiatry: why it matters.</b> Dr Nick Meyer, Consultant in Psychiatry and Sleep Medicine, University College London NHS Foundation Trust
<b>4.30 – 4.45pm</b>	<b>Closing comments and feedback</b>

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