

Insomnia, Nightmares and Sleep Disorders CPD Update

Date: Wednesday 15 April 2026

Venue: Events Air

Time	Session
Session Chair: TBC	
9.30 - 9.35am	Welcome Dr Lauren Waterman and Dr Hugh Selsick
9.35 - 10.25am	Insomnia treatment pathways Dr Lauren Waterman, Consultant Psychiatrist
10.25 - 11.10am	Sexsomnia and other parasomnias: forensic aspects Dr Matthew Walker, Consultant Neurologist
11.10 - 11.25am	Q&A session
11.25 - 11.55am	Break
Session Chair: TBC	
11.55am - 12.40pm	Sleep in psychiatric wards Dr Kirstie Anderson, Consultant Neurologist
12.40 - 12.50pm	Q&A session
12.50 - 1.40pm	Lunch
Session Chair: Dr Newsha Hajiloo	
1.40 - 2.25pm	Psychological and medical treatment of nightmares Catherine Ouriach and Dr Hugh Selsick
2.25 - 3.00pm	Prescribing for sleep in special populations Jasvinder Kaler, Senior Pharmacist, Sleep Disorders Centre, GSTT
3.00 - 3.15pm	Q&A session

The RCPsych is an inclusive organisation with over 21,000 members who have a diverse range of views, which we look to represent across our programmes. To further open dialogue, scientific discovery and enrich learning, we provide our members with the opportunity to hear from a range of professionals. The speakers, panellists and participants views and comments are their own and not the established views of the College.

3.15 – 3.45pm	Break
Session Chair: TBC	
3.45 – 4.30pm	Circadian rhythm disorders in mental health Dr Nick Meyer, Consultant Psychiatrist
4.30 – 4.45pm	Closing comments and feedback

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