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# INSOMNIA TRACK

FULL TRACK RUNS SUNDAY - WEDNESDAY

The Insomnia Track at World Sleep 2019 will include some of the biggest names in the field offering cutting-edge science and information.

**19.25 HOURS OF INSOMNIA** content have been added to the final Scientific Program. Register today to learn more about research and treatment options.

## REGISTRATION OPTIONS:

One course (Half-day) ..... \$125  
 Two courses (Part 1 and Part 2) ..... \$250  
 Two courses + Congress Registration (Member) ..... \$645

FOR MORE INFORMATION & ALL PRICING VISIT  
[worldsleepcongress.com/register](http://worldsleepcongress.com/register)

## INSOMNIA TRACK OVERVIEW

TYPE	DAY	TITLE	HOURS
COURSE	Sunday	Insomnia disorder: Assessment, diagnosis and management   Part 1	8:00am - 12:00pm
COURSE	Sunday	Insomnia disorder: Assessment, diagnosis and management   Part 2	12:45pm - 4:00pm
KEYNOTE	Monday	Insomnia: Public health burden and new trends in treatment development and dissemination	8:00am - 8:45am
SYMPOSIUM	Monday	The subjective experience of sleep: Emerging objective correlates	9:00am - 10:30am
SYMPOSIUM	Monday	Using eHealth to bridge the gap between research and practice for insomnia: Examples from across the lifespan	4:30pm - 6:00pm
KEYNOTE	Tuesday	Sleep, insomnia and mental health: A chance for prevention?	8:00am - 8:45am
SYMPOSIUM	Tuesday	REM Sleep and insomnia: So emotional!	9:00am - 10:30am
SATELLITE SYMPOSIUM	Tuesday	Insomnia in Alzheimer's disease: Sleep matters	12:30pm - 2:00pm
SYMPOSIUM	Tuesday	Treatment of insomnia in co-morbid obstructive sleep apnea and insomnia	3:00pm - 4:30pm
SYMPOSIUM	Tuesday	Insomnia and performance: From school age to workplace	4:30pm - 6:00pm
SYMPOSIUM	Wednesday	Sleep disorders as a risk factor for suicide and the impact of treating insomnia in suicidal patients	9:00am - 10:30am

**SCIENTIFIC PROGRAM  
NOW AVAILABLE**

To view the Scientific Program for World Sleep 2019, scan the code.



REGISTER: [worldsleepcongress.com/register](http://worldsleepcongress.com/register)