Second Egyptian SLEEP summit

THE EGYPTIAN SLEEP SUMMIT

18 September, 2024 | **PRINCESS FATIMA ACADEMY, CAIRO**

In Collaboration with

EGYPTIAN SLEEP SOCIETY ESS | ESF | ESCT



PRE CONFERENCE WORKSHOP

"MANAGEMENT OF TRAUMA & STRESS RELATED SLEEP DISORDERS"

PURE SPOT EVENTS MANAGEMENT

SPEAKERS



PROF. ALIA ADEL SALEH

M.D. Psychiatry, Professor of Psychiatry, Faculty of Medicine, Cairo University, European Sleep Research Society (ESRS) board certified in Sleep Medicine.



DR. EMAN ABD ALRAHEEM, M.D

M.D. Psychiatry, Lecturer of Psychiatry, Faculty of Medicine, Cairo University, European Sleep Research Society (ESRS) board certified in Sleep Medicine.



NERMIN HANI

M.Sc. Clinical Psychology, University of South Wales, U.K.
Psychologist & Sleep Behavior Therapist, Cairo Center for Sleep Disorders
European Sleep Research Society (ESRS) board certified in Psychological Sleep Medicine.

WORKSHOP SCHEDULE
(2-HOURSWORKSHOP)

THEORETICAL PART (30 MINUTES)

1- Introduction to Trauma related Sleep Disorders
- Trauma Induced Insomnia
- Nightmare Disorder
- Trauma related NREM and REM Parasomnias
- Nocturnal Panic Disorder

2- Evidence Based Pharmacological interventions in Trauma Related Sleep Disorders and Up dated Guidelines.

PRACTICAL PART 1 (45 MINUTES)

1- Clinical Approach to a patient with Trauma Related Sleep Disorder

2- How to perform a detailed clinical sleep history taking and assess signs and symptoms that are commonly encountered in the above mentioned disorders.
- Case Presentation 1 (video & PSG traces & Questions)
- Case Presentation 2 (Video & PSG traces & Questions)

PRACTICAL PART 2 (45 MINUTES)

1-Psychometric assessment tools that are useful in evaluation of Trauma Related Sleep Disorders.

2-Psychotheraputic and behavioral Interventions use in Trauma Related Sleep Disorders (short overview on each)
- Trauma focused CBT
- Eye Movement Desensitization Therapy (EMDR)
- Imagery Rehearsal Therapy

