

Sleep and the Menopause

By

Professor Jason Ellis

The aim of this workshop is to explore: Why is sleep affected by the menopause, determining how sleep changes over the course of the menopause (including the impact of normal ageing on sleep) identifying the signs and symptoms of sleep disorders and finally, managing sleep during the menopause (pharmacological and non-pharmacological options).

Jason Ellis is a Professor of Sleep Science and Director of Northumbria Sleep Research. He is a qualified Somnologist - Expert in Behavioural Sleep Medicine from the European Sleep Research Society and a Practicing Psychologist under the HCPC. He has worked within the National Health Service in the United Kingdom, delivering CBT-I to individuals with a range of physical and psychological conditions and serves on the editorial boards of *Behavioral Sleep Medicine* and *Sleep Health*. He is also the current chair of the research committee for the British Sleep Society. He has consulted for various industries and third-sector organisations and provided national guidelines to the British and Scottish governments on the identification and management of sleep problems. He is a serious advocate of public engagement and professional education with regard to behavioral sleep medicine and regularly trains CBT-I and fatigue management workshops to clinicians and primary care physicians in the United Kingdom and internationally.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses, coaches and CBT practitioners. **This workshop will contribute 3 hours Continuing Professional Development**

Tues 8th March 2022 1000 - 1300
WEBINAR. Available to view
after the event for 30 days

Prices:-
£60 plus vat

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