KENT AND MEDWAY MEDICAL SCHOOL

Canterbury Christ Church University

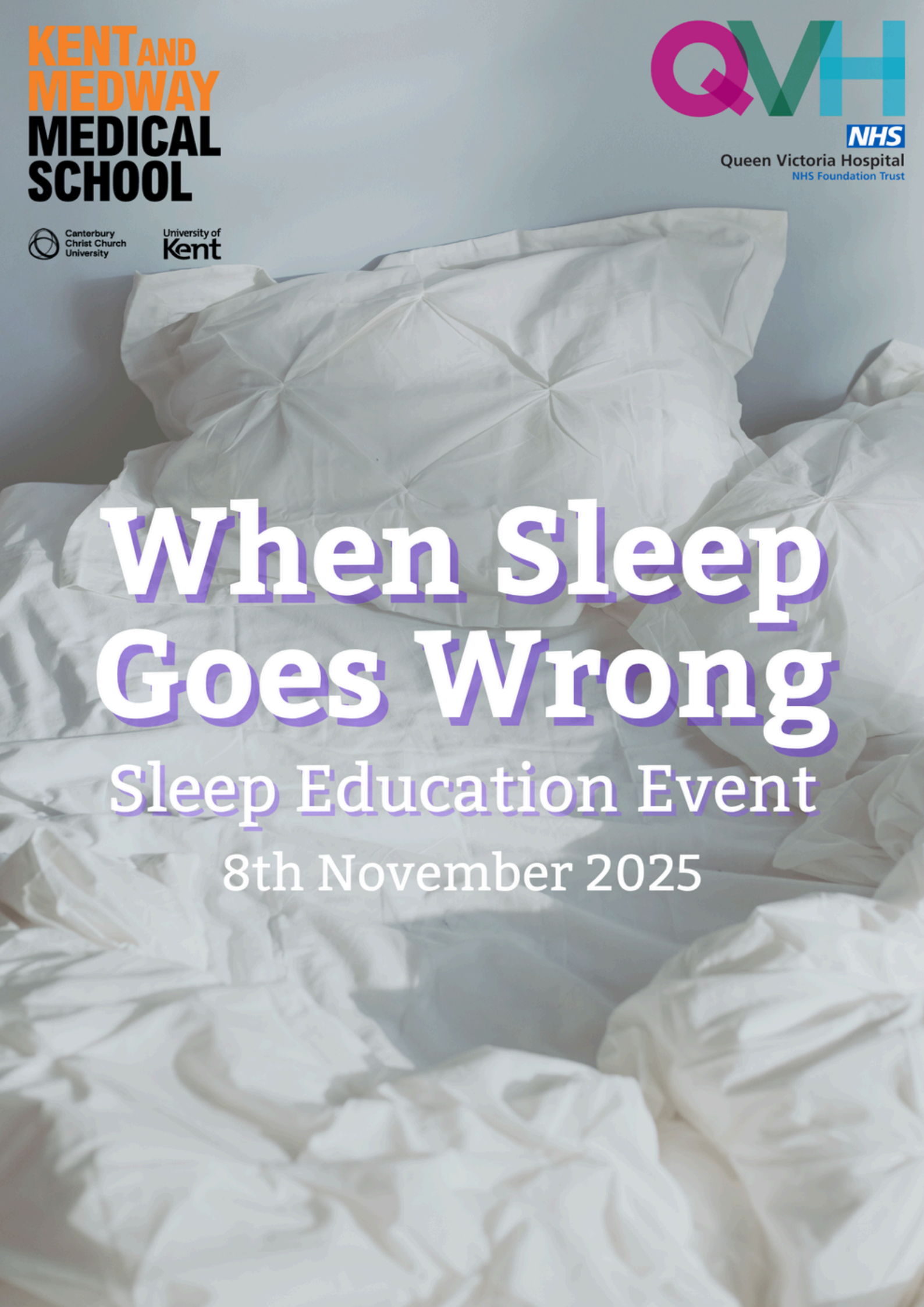
University of Kent

QVH

NHS

Queen Victoria Hospital

NHS Foundation Trust



When Sleep Goes Wrong

Sleep Education Event

8th November 2025

When Sleep Goes Wrong

Date: Saturday, 8th November 2025

Time: 9:00 AM – 4:00 PM

Location: Pears Building, University of Kent
Canterbury Campus, CT2 7FS

"When Sleep Goes Wrong" is a one-day course developed in partnership with Kent and Medway Medical School (KMMS), Canterbury Christ Church University (CCCU), University of Kent (UoK) and colleagues from Queen Victoria Hospital (QVH) Sleep Disorders Centre. The event brings together a team of experts to develop a collaborative training to offer support for insomnia care.

A Sleep Course partnership between:

KENT AND MEDWAY MEDICAL SCHOOL

Canterbury Christ Church University

NHS
Queen Victoria Hospital
NHS Foundation Trust

When Sleep Goes Wrong

Why are we having this event?

As a first step, this short-one day course aims to equip primary healthcare and practice professionals with the knowledge, skills and guidance necessary to offer first-line support to patients presenting with symptoms of insomnia.

Who is this event for?

This event is aimed at primary and community health care teams who manage patients reporting concerns regarding sleep.

What to expect?

The course will introduce attendees to the science of sleep, the diagnosis and treatment of insomnia disorder, and emerging technologies in sleep tracking. It also explores common sleep disorders through engaging case studies and expert-led discussions. An opportunity to showcase and engage in sleep research.

Event Highlights:

- Expert-led sessions on sleep physiology, insomnia management, and sleep tech – including Dr Andrew Westwood (KMMS), Professor Teresa D'Oliveira (CCCU), Dr Aiste Steponenaite (UoK), Professor Gurprit Lall (UoK), Dr Rania Ward (QVH) and Dr Oliver Bernath (QVH)
- Case-based learning and interactive discussions
- Opportunity to shape future training pathways for "Insomnia Practitioners", possibly leading to accredited courses and further research opportunities
- Research updates and opportunities for collaboration

Meet the Team

Professor Sukhi Shergill

sukhwinder.shergill@kmms.ac.uk

Professor of Psychiatry at KMMS and Consultant Psychiatrist and Director of Research at a Kent and Medway Mental Health Trust. He is also Professor of Psychiatry and Systems Neuroscience at the Institute of Psychiatry, Psychology and Neuroscience, King's College London.

Full profile

Research interests: cognition and psychosis, new imaging techniques, sleep and circadian rhythms, memory, wearables and VR, health inequalities.

Professor Teresa C. D'Oliveira

teresa.doliveira@canterbury.ac.uk

Professor of Psychology at Canterbury Christ Church University (CCCU), formerly the programme leader for the MSc Organisational Psychiatry and Psychology, King's College London.

Full profile

Research interests: wellbeing, health, stressor, work schedules, fatigue, isolation and loneliness, work-life balance, integrative approaches to body-mind.

Professor Gurprit Lall

g.lall@kent.ac.uk

Professor of Neuroscience and the Director of the Sleep and Wellbeing Clinic at the University of Kent. He is the Head of the Sleep, Circadian and Mental Health Neuroscience Research Group and Co-Leads the MRC Mental Health Network.

Full profile

Research interests: circadian rhythms, neuroscience of sleep and neurodegenerative disorders.

Dr Aiste Steponenaite

a.steponenaite@kent.ac.uk

Sleep & Circadian Neuroscientist and a Lecturer at the University of Kent. She is a founding co-lead for the Sleep and Wellbeing Clinic at the University of Kent.

Research interests: non-pharmacological management of sleep disturbances, circadian health.

Full profile

Dr Rania Ward

rania.ward@nhs.net

Principal Pharmacist for Sleep Medicine at the regional Sleep Disorder Centre, Queen Victoria Hospital, West Sussex.

Research interests: insomnia, genomics and artificial intelligence.

Full profile

Dr Oliver Bernath

oliver.bernath@nhs.net

Consultant Neurologist and Sleep Physician.

Research interests: all sleep disorders, especially those with neurological origin: narcolepsy, idiopathic hypersomnia, parasomnias, REM behaviour disorder, restless legs syndrome and periodic limb movements in sleep disorder.

Full profile

Dr Andrew Westwood

andrew.westwood@kmms.ac.uk

Practising consultant sleep physician at the regional Sleep Disorder Centre in Queen Victoria Hospital, West Sussex. He is also a senior lecturer and the academic lead for year 4 at KMMS.

Research interests: disorders of hypersomnolence and REM sleep behavioural disorders.

Full profile

Schedule of Events

9am — Registration

Tea & Coffee

9.30am — Welcome & Introduction

Dr Andrew Westwood

- Housekeeping
- Overview of the day
- Introduction to speakers

9.40am — Session 1: Sleep Education

Dr Aiste Steponenaite and Professor Gurprit Lall

Understanding normal sleep, the sleep-wake cycle, and the function of sleep

- The sleep-wake cycle and circadian rhythms
- Why do we sleep? The core functions of sleep
- Sleep architecture and physiology

Case Study Discussion - Sleep in health and performance

11am — Break

11.15am — Session 2: Understanding Insomnia

Dr Rania Ward and Dr Andrew Westwood

Exploring causes, diagnosis and treatments of insomnia

- Defining insomnia: prevalence, causes and risk factors
- Diagnosing insomnia, and differential diagnoses
- Cognitive-Behavioural Therapy for Insomnia (CBT-I)
- Pharmacological approaches to insomnia

12.45pm — Lunch break

Sponsored by Indorsia Pharmaceuticals

1.15pm

Case Study Discussion

Dr Rania Ward and Dr Andrew Westwood

- Three cases of managing chronic insomnia

2pm

Session 3: Wearables & Sleep Tech – Counting Sheep, Counting Data

Professor Teresa D'Oliveira and Professor Gurprit Lall

Understanding how technology is shaping sleep tracking and interventions

- Sleep Health Ecosystem
- Technology and devices capturing Sleep Health; medical graded and commercial devices
- Validation studies, evidence supporting the use of tech and devices
- Is it worth it?
- Q&A from delegates

2.30pm

Afternoon break

2.45pm

Session 4: Twilight Zone: When Sleep Gets Weird

Dr Oliver Bernath

Exploring rare and complex sleep disorders

- Narcolepsy and cataplexy: when sleep attacks
- Parasomnias: nightmare disorder, sleepwalking, sleep eating, sexomnia
- Disorders in REM: RBD and SRPE
- Case Study Discussion - An unusual case

3.45pm

Closing Remarks & Feedback Collection

- Take home messages
- Final questions
- Feedback forms
- Certificate of attendance

4pm

End of Day

Our Research

1. Sleep and Circadian health disturbances in psychosis and depression: the cascading impacts of impairments in cognitive control

Project Leads: Prof Sukhi Shergill, Prof Teresa D'Oliveira, Prof Gurprit Lall

Investigates how disruptions in sleep and circadian rhythms impact cognitive control, contributing to the onset and progression of psychosis and depression.

2. Ageing of the Circadian Clock

Project Leads: Prof Gurprit Lall and Dr Aiste Steponenaite

As we get older, our circadian clock, as well as the proteins involved in its functioning, change too. In this Leverhulme Trust funded work we are investigating the role NMDA receptors play in circadian regulation.

3. Circadian disruption effects on cancer development

Project Leads: Dr Nerissa Kirkwood, Dr Aiste Steponenaite, Prof Tim Fenton

Project investigates the impact of circadian disruption, such as jet-lag, on APOBEC3 regulation – a set of enzymes that are affected in more than 50% of cancers.

4. Understanding sleep and circadian rhythms in adult social care

Project Leads: Dr Aiste Steponenaite

This project aims to investigate the current landscape of knowledge and practices among care staff in Kent to identify specific training needs and systemic barriers that will inform future training development.

5. Effective use of care home data: Developing artificial intelligence models for assessment of sleep, circadian health, and operational efficiency in private sector care home settings

Project Leads: Dr Aiste Steponenaite, Dr Basel Barakat

The project will incorporate the use of routinely collected health data from care home residents to build Machine Learning Models that could optimise care offering more personalised insights.

Our Research

6. Enhancing awareness of obstructive sleep apnoea (OSA) among primary healthcare providers in Nigeria and UK

Project Leads: Dr Aiste Steponenaite, Prof Gurprit Lall, Dr Andrew Westwood, Dr Media Zanganeh, Uchechukwu Ani (PhD student)

The aim of the project is to evaluate the impact of obstructive sleep apnoea (OSA) training on referral and treatment rates. The intervention will be developed based on the initial knowledge, attitude and practices survey aimed at primary health care workers.

7. Pharmasleep Alberta research study: designing a clinical support tool to enhance pharmacist identification of insomnia and referral pathways to Cognitive Behavioural Therapy for Insomnia (CBT-I)

Project Leads: Dr Aiste Steponenaite, Prof Gurprit Lall, Adebunmi Ogunnowo (PhD student)

Project aims to assess pharmacists' knowledge, confidence, and diagnostic accuracy regarding insomnia in Alberta (Canada), as well as to identify barriers to CBT-I implementation and develop local referral pathways.

8. Objective assessment of insomnia using a home-based testing device to enable phenotyping and personalised therapeutic stratification

Project Leads: Dr Oliver Bernath, Iain Duncan, Dr Rania Ward

This study aims to identify whether minimally intrusive home EEG can identify insomnia disorder objectively, allow the evaluation of sleep-state mis-perception and whether treatment should be personalised to behavioural, pharmacological or mixture of treatments. This allows the most appropriate resources to be allocated for the treatment of insomnia patients.

9. Evaluation of continuous blood pressure variability monitoring in patients with obstructive sleep apnoea receiving CPAP therapy to assess associations with cardiovascular outcomes

Project Leads: Dr Susanna Ng and Dr Fotis Kapsimalis

This study aims to understand where continuous night time arterial blood pressure monitoring using a novel device predicts the outcome results of patients on CPAP therapy.

Our Research

10. Exploring student and staff perceptions of the implementation of AI in Team Based Learning (TBL): A Descriptive Case Study

Project Leads: Dr Claire Parkin, Dr Andrew Westwood

The study aims to explore the implementation of AI to improve engagement and retainment of concepts during a Year Two team-based learning (TBL) exercise, by asking students and session leaders their opinions on the use of an AI patient bot as part of the TBL application exercise.

11. The emotional clock: Balancing circadian rhythms and emotional regulation

Project Leads: Teresa C. D'Oliveira

Project explores the impacts of shift work on sleep and affective experiences in NHS nurses with fixed days schedules and on fast rotating shift systems. Additionally, we also explore the potential improvements on sleep and circadian health of a sleep tech intervention on the NHS nurses on fast, rotating shift system.

12. Understanding and monitoring early post-intensive discharge: exploring the role of eHealth to signpost PICS symptoms (ePICS)

Project Leads: Daniel Lai, Sukhi Shergill, Teresa C. D'Oliveira

Post Intensive Care Syndrome (PICS) refer to physical, cognitive, and psychological impairments that persist post discharge. The project uses recent technological developments such as actigraphy and experience sampling to monitor and assess behaviors and individual experiences during the initial 3 months after hospital discharge and 2-3 months follow up.

13. Exploring the relationship between sleep and anxiety: capturing the dynamic interplay of individual experiences and physiological underpinnings

Project leads: Krishnapriya Jayachandran, Sukhi Shergill Teresa C. D'Oliveira

The projects consider existing evidence supporting a bidirectional relationship between sleep and anxiety in a group on individuals with imposed circadian disruptions and individuals diagnosed with an anxiety disorder. We aim to focus on the dynamic interplay and how disturbances in one domain may have cascading or compensatory impacts.

Our Research

14. The Interplay of Light, Sleep, and Circadian Rhythms: Investigating Mechanisms of Disturbances

Project Leads: Aadesh Dave, Philip Ulrich, Sukhi Shergill, Teresa C. D'Oliveira

The project considers the impacts of exposure to light on sleep and circadian on healthcare health professionals comparing individuals working fixed days schedules and fast rotating shift systems.

15. Exploring the cascading impacts of circadian misalignment on emotional and cognitive domains

Project Leads: Rebecca Dawson, Borja Martinez-Gonzalez, Sukhi Shergill, Teresa C. D'Oliveira

The project explores the dynamic relationships resulting from circadian misalignment and its impacts on affective experiences and cognition in individuals with imposed circadian disruptions and individuals diagnosed with an affective disorder.

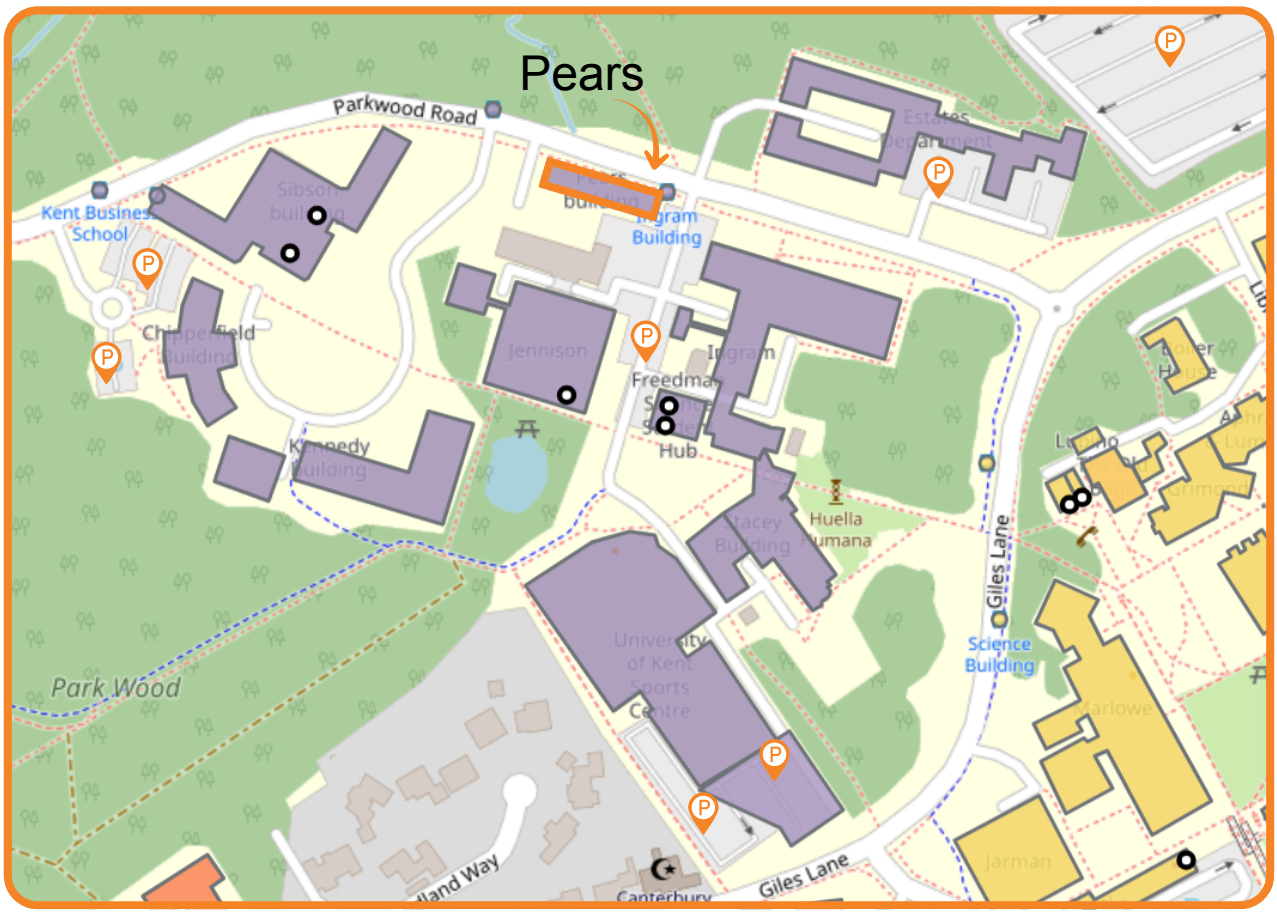
16. Facilitating circadian alignment: co-designing a digital intervention capturing the challenges experienced by shift workers and clinical populations

Project Leads: Priyanka Suneja, Gurprit Lall, Teresa C. D'Oliveira, Sukhi Shergill

The project starts by identifying circadian alignment needs in populations with imposed circadian disruptions resulting from their work schedules and in individuals diagnosed with an affective disorder. This rich background will allow us to customize digital support that is tailored to the specific needs of each group.

Find us

Kent and Medway Medical School,
Pears Building, University of Kent



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Map

Parking

Free and accessible parking is available for all attendees

Thank you for your attendance!

We want to make our forth coming events better suited for you.

Kindly, share your feedback

Special thanks for providing catering

Idorsia Pharmaceuticals