



**POST-GRADUATE PROGRAM IN
SLEEP PSYCHOLOGY**

**2nd EDITION
Programming**

Module	Theme	Professor(s)	Month	Day	Day of week	Schedule
Opening Session (2h)		Helena Rebelo Pinto Teresa Paiva	November	19	Friday	4:00 pm to 6:00 pm
Module I Sleep function and Sleep regulation (20h)	1. Physiology and neurophysiology of sleep	Ana Rita Peralta		23	Tuesday	4:00 pm to 8:00 pm
	2. Circadian rhythms	Cátia Reis		25	Thursday	4:00 pm to 8:00 pm
	3. Sleep deprivation and performance	Cátia Reis John Axelsson (invited speaker)		30	Tuesday	4:00 pm to 8:00 pm
	4. Sleep and emotion regulation	Augusta Gaspar	December	2	Thursday	4:00 pm to 8:00 pm
Augusta Gaspar Brigitte Holzinger (invited speaker)		7		Tuesday	4:00 pm to 8:00 pm	
Module II Contributions of Psychology for the study of sleep (12h)	1. Theoretical frameworks and methods in sleep psychology	Teresa Rebelo Pinto	December	9	Thursday	5:00pm - 8:00pm
	2. Psychologic processes and sleep	Helena Rebelo Pinto Carolina Maruta		14	Tuesday	5:00pm - 8:00pm
	3. Fields of application and specific competences	Teresa Rebelo Pinto		16	Thursday	5:00pm - 8:00pm
	4. Multidisciplinarity and ethical considerations	Carolina Maruta		21	Tuesday	5:00pm - 8:00pm
CHRISTMAS BREAK						
Module III Sleep along the life cycle (16h)	1. Childhood	Teresa Rebelo Pinto	January	4	Tuesday	4:00 pm to 8:00 pm
	2. Adolescence	Cátia Reis		6	Thursday	4:00 pm to 8:00 pm
	3. Adulthood: sleep in women	Carolina Maruta		11	Tuesday	4:00 pm to 8:00 pm
	4. Aging	Filipa Ribeiro		13	Thursday	4:00 pm to 8:00 pm



CATOLICA

FACULDADE DE CIÊNCIAS HUMANAS
ESCOLA DE PÓS-GRADUAÇÃO E FORMAÇÃO AVANÇADA

LISBOA

Module	Theme	Professor(s)	Month	Day	Day of week	Schedule
Module IV Sleep and everyday life (12h)	1. Sleep and work	Cátia Reis	February	18	Tuesday	5:00pm - 8:00pm
	2. Sleep and family	Helena Rebelo Pinto		20	Thursday	5:00pm - 8:00pm
	3. Sleep and new technologies	Carolina Maruta Erna Sif Arnadottir (invited speaker)		25	Tuesday	5:00pm - 8:00pm
	4. Industrialization and culture affecting sleep	Cátia Reis Luisa Klaus Pilz (invited speaker)		27	Thursday	5:00pm - 8:00pm
Module V Sleep disorders, therapeutics and behavioural interventions (36h)	1. Insomnia	Helena Rebelo Pinto Teresa Paiva	March	8	Tuesday	4:00 pm to 8:00 pm
	2. Sleep and psychiatric pathology	Ana Santa Clara		10	Thursday	4:00 pm to 8:00 pm
	3. Sleep and pediatric disorders	Rosário Ferreira		15	Tuesday	4:00 pm to 8:00 pm
	4. Sleep related breathing disorders	Richard Staats Invited speaker working in adaptation to CPAP therapy		17	Thursday	4:00 pm to 8:00 pm
		Gabriela Videira Joana Vaz de Castro		22	Tuesday	4:00 pm to 8:00 pm
	5. Hypersomnias & Parasomnias	Dulce Neutel		24	Thursday	4:00 pm to 8:00 pm
	6. Sleep related movement disorders	Ana Rita Peralta		29	Tuesday	4:00 pm to 8:00 pm
	7. Circadian rhythm sleep-wake disorders	Cátia Reis		31	Thursday	4:00 pm to 8:00 pm
	8. Sleep and other medical conditions	Ana Rita Peralta	April	5	Tuesday	4:00 pm to 8:00 pm
EASTER BREAK						



Module	Theme	Professor(s)	Month	Day	Day of week	Schedule
Module VI Sleep assessment and recording (20h)	1. The clinical psychology approach to sleep disorders	Teresa Rebelo Pinto	April	19	Tuesday	4:00 pm to 8:00 pm
	2. Psychological assessment	Joana Carneiro Pinto		21	Thursday	4:00 pm to 8:00 pm
	3. Neuropsychological assessment	Carolina Maruta		26	Tuesday	4:00 pm to 8:00 pm
	4. Neurophysiological recording	Sofia Rebocho		28	Thursday	4:00 pm to 8:00 pm
Module VII Contexts of application (6h)	1. Sleep centres & health institutions	Carla Bentes	May	3	Tuesday	4:00 pm to 8:00 pm
	2. Educational institutions	Carolina Maruta		5	Thursday	4:00 pm to 8:00 pm
Workshop I Cognitive-Behavioural Treatment in Insomnia (8h)		Teresa Rebelo Pinto		17	Tuesday	4:00 pm to 8:00 pm
				19	Thursday	4:00 pm to 8:00 pm
Workshop II Intervention and Educational sleep programs (8h)		Teresa Rebelo Pinto Cátia Reis		24	Tuesday	4:00 pm to 8:00 pm
				26	Thursday	4:00 pm to 8:00 pm
Conference (8h)		Presential seminar with invited speakers from sleep psychology/behavioural sleep medicine	Erna Sif Arnadouttir Till Roenneberg John Axelsson Brigitte Holzinger	16	Thursday	4:00 pm to 6:00 pm*
				17	Friday	10:00am to 1:00pm; 2:00pm to 5:00pm**
Final evaluation and closing remarks (4h)	Cátia Reis Carolina Maruta			18	Saturday	10:00am to 1:00pm

*presential half-day | ** presential day with ice-breaking lunch

Program duration: 150 hours (12 hours on site + 138 hours online)