

**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
<b>Module I</b> 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
		Augusta Gaspar Brigitte Holzinger (invited speaker)	7		Tuesday	4:00 pm to 8:00 pm
<b>Module II</b> Contributions of Psychology for the study of sleep (12h)	1. Theoretical frameworks and methods in sleep psychology	Teresa Rebelo Pinto	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						
<b>Module III</b> 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

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<b>Module IV</b> Sleep and everyday life (12h)	1. Sleep and work	Cátia Reis	February	15	Tuesday	5:00pm - 8:00pm
	2. Sleep and family	Helena Rebelo Pinto		17	Thursday	5:00pm - 8:00pm
	3. Sleep and new technologies	Carolina Maruta Erna Sif Arnadottir (invited speaker)		22	Tuesday	5:00pm - 8:00pm
	4. Industrialization and culture affecting sleep	Cátia Reis Luísa Klaus Pilz (invited speaker)		24	Thursday	5:00pm - 8:00pm
<b>Module V</b> 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
	<b>EASTER BREAK</b>					

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<b>Module VI</b> 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
<b>Module VII</b> 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
<b>Workshop I</b> 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
<b>Workshop II</b> 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
<b>Conference</b> (8h)	Presential seminar with invited speakers from sleep psychology/behavioural sleep medicine	Erna Sif Arnadottir Till Roenneberg John Axelsson Brigitte Holzinger	June	16	Thursday	4:00 pm to 6:00 pm*
				17	Friday	10:00am to 1:00pm; 2:00pm to 5:00pm**
<b>Final evaluation and closing remarks</b> (4h)				Cátia Reis Carolina Maruta		18

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

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