



Sleep Study Day

Chaired by: **Dr Miriam Isaac**, Consultant Psychiatrist, Leeds and York Partnership NHS Foundation Trust

Monday 16 September 2019
The Met Hotel, Leeds

PROGRAMME:

- 9.00am Registration
- 9.30am **Welcome and introduction**
Dr Miriam Isaac, Consultant Psychiatrist, Leeds & York Partnership NHS Foundation Trust
- 9.45am **Sleep: A Respiratory Perspective – Change to afternoon?**
Dr Dipansu Ghosh, Consultant Respiratory Physician, Leeds Teaching Hospitals NHS Trust
- 10.45am ~ Morning refreshments ~
- 11.00am **Pharmacological & Non-pharmacological interventions for sleep**
Dr Hugh Selsick, Lead Consultant, Non Organic Insomnia Service, The Royal London Hospital for Integrated Medicine
- 12.00pm ~ Lunch ~
- 1.00pm **Insomnia and how to develop a cost effective bespoke sleep plan**
Julie Foster-Goodman, Interim Operational Manager, Leeds and York Partnership NHS Foundation Trust & **Dr Miriam Isaac**
- 2.00pm ~ Afternoon refreshments ~
- 2.15pm **Parasomnia – Assessment and Treatment**
Dr Paul Reading, Consultant Neurologist, South Tees Hospitals NHS Foundation Trust
- 3.15pm **Autism, ADHD and Sleep**
Dr Robert Baskind, Consultant Psychiatrist, Leeds and York Partnership NHS Foundation Trust, **Dr Alwyn Kam**, Specialty Doctor with both the Leeds Autism Diagnostic Service (LADS) and Psychiatry of Learning Disability at Leeds and York Partnership NHS Foundation Trust & **Dr Keri Lodge** ST6 Higher Trainee in the Psychiatry of Intellectual Disability in Yorkshire.
- 4.15pm Evaluation and close

