

# CBTi & sedative deprescribing training



## INSOMNIA INTERVENTIONS



### Accredited On-Demand Online Program on CBTi and sedative deprescribing

Queen's University offers an 8-module on-demand CPD program for health care providers on insomnia interventions with a focus on CBTi and safe and effective methods for deprescribing sedative hypnotics.

LEARN MORE

[mysleepwell.ca/clinicians/](https://mysleepwell.ca/clinicians/)

Webinar participants can take advantage of a **10% discount** by using code **cpa10**

**Register at**

[https://edconnect-off.queensu.ca/product?catalog=Insomnia-2022&cm\\_locale=en](https://edconnect-off.queensu.ca/product?catalog=Insomnia-2022&cm_locale=en)

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