**Sleep management**

Within the physiotherapeutic setting there is more and more attention for all kinds of lifestyle factors and their influence on the treatment of the patient. One of these lifestyle factors that should not be underestimated is sleep. In literature we see associations between sleeping problems and all kinds of disorders, including chronic pain, hypertension, obesity, fall problems in the elderly, ADHD, depression, all kinds of musculoskeletal problems, ... Sleep problems also occur in both children and adolescents through the use of technological devices (such as mobile phones, tablets, etc.) during the evening ritual or in bed. Since poor sleep has a far-reaching impact on social, emotional, behavioral and executive functions, it is obvious that the physical therapist cannot ignore this aspect.

In addition, a strong association between sedentary behavior and sleep problems is observed. In today's society, sedentary behavior is a growing problem. Not only does this have a negative influence on our physical and cardiovascular fitness, also the degree of sedentary behavior entails an increased risk of insomnia and other sleep disorders. As sleep problems in turn also interfere with physical activity, many patients end up in a vicious circle. As a physiotherapist, it is therefore important not only to support the patient on a physical level, but also to tackle the sleep problems in daily practice.

During this course day the participants are fully immersed in the theory and practical approach of sleep problems in clinical practice. The day starts with the basic principles of sleep and sleep disorders. The participants then learn to apply these principles in an education session for the patient. Next, we will discuss the use of a sleep diary (filling in, calculations, etc.), and the application of sleep restriction, stimulus control and reduction of medication use. The day is then concluded with a presentation on the influence of cognitions and sleep hygiene, after which relaxation techniques are also briefly mentioned.

After attending this course, the participants will be familiar with both the theory and the practical approach to sleep problems in clinical practice.

Learning objectives:

* Participants pay attention to sleep problems in clinical practice;
* Participants know the basic principles of sleep;
* Participants have insight into the need for sleep management in clinical practice;
* Participants are able to apply all aspects of sleep therapy in clinical practice.