

The Sleep Mastery Course

why sleep matters and how to improve it

Presenter: Dr Doug Cary Musculoskeletal Physiotherapy Specialist



Introduction

“Current training in 409 medical schools about sleep and sleep disorders averaged 2.5 hours. In 27% of surveyed medical schools there was no education.”

Mindell, J., et al., Sleep education in medical school curriculum: A glimpse across countries. *Sleep Medicine*, 2011. **12**(9): p. 928-931

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Introduction

“51% of people do not feel they get enough sleep, impacting both their physical and mental health”

Philips. Wake up call: Global sleep satisfaction trends. 2020

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- 70% adults receive < recommended 8 hours
- Onset of spinal pain following a night of 'rest'
- Significant –ve effects on all human body systems, if sleeping 7 or less hours per night
- End result: lower quality of life and shorter lifespan



Australian public expects Physiotherapists are be able to help

Kunstler et al., 2019

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Introduction

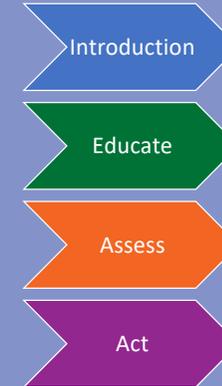
8 Key Learning Objectives:

1. Understand the sleep cycle and features of each stage
2. Understand the benefits of sleep for optimal human function
3. Understand the effect sleep posture has on spinal symptoms
4. Understand the types and classifications of insomnia
5. Understand the effects of drugs and medications on sleep
6. Understand how to incorporate sleep screening and assessment into current consultations
7. Determine how to educate and manage patients for the most common sleep disorders
8. Know how to advise patients on self-help strategies, good sleep posture and bed and pillow selection to improve their sleep



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Course Outline:



“The bridge between despair and hope, is a good night’s sleep”
EJ Cossman