

Promoting Healthy Sleep: recognising, responding to and treating common sleep disorders in veterans

Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning.

Your details

Your name:

Date completed:

Activity Name: Promoting Healthy Sleep: recognising, responding to and treating common sleep disorders in veterans

Learning outcomes Through a facilitated panel discussion of a vignette, this webinar provides the opportunity for:

- a better understanding of the types of, prevalence and risks associated with sleep disorders amongst military personnel and veterans
- a heightened awareness of the evidence based psychological and medical treatments for sleep disorders which promote healthy sleep
- increased confidence in supporting and treating veterans experiencing sleep disorders.

Time spent engaged in the activity:

(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

