



Weill Cornell Medicine-Qatar

Global Institute for Population Health



Health and YOU Community Wellness Series

How Not to Sleep: The Science of Cognitive Behavioral Therapy for Insomnia (CBT-I)

A practical and engaging introduction to Cognitive Behavioral Therapy for Insomnia (CBT-I), exploring why insomnia persists, how unhelpful sleep patterns develop, and how evidence-based strategies can restore healthier, more natural sleep.



Live Webinar

Oct 19, 2026
4:00 - 5:00 PM
Qatar

This is not a CME/CPD activity | FOR GENERAL PUBLIC



Speaker

Dr. Ahmad Al-Shahrani

Consultant Psychiatrist
Hamad Medical Corporation

Free Registration:

Contact us: iph@qatar-med.cornell.edu

