



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 Time)



Speaker

Dr. Ahmad Al-Shahrani

*Consultant Psychiatrist
Hamad Medical Corporation*

Dr. Ahmad Al-Shahrani is an Arab Board-certified psychiatrist with advanced training in sleep medicine. He completed a sleep medicine fellowship at the University of Toronto and received specialized training in cognitive behavioral therapy for insomnia (CBT-I). His clinical interests include insomnia, circadian rhythm sleep-wake disorders, hypersomnolence, parasomnias, and the relationship between sleep and mental health. He is particularly interested in translating sleep science into clear, practical, and evidence-based guidance for both clinicians and the public.