

Sleep Training for OTs & other Allied Health Practitioners 2026

There are many choices for sleep training for OTs and other allied health practitioners (AHPs), reflecting the broad range of our scope of clinical practice in supporting sleep.

Which training option best suits you?

Well, this will depend on the focus of your sleep practice. You might be choosing to offer, for example:

- a service which focuses on general infant sleep and family support
- a sleep service for children and young people with developmental conditions
- a service providing sleep support for people with complex neuromotor conditions
- an insomnia support service for the general population or a specific group
- a sleep service which is incorporated into your current area of specialty knowledge and practice

Maybe a combination of courses will best suit your needs. You might want a broad introductory course or be ready for a deeper dive. Here are some options for the coming year.

1. SleepLinks - Sleep Training for allied health clinicians, through an OT lens

Presenter Dr Sue McCabe (OT, PhD) Australia

This course is presented with practical application to all clinical groups (**all ages, all conditions**) and all clinical settings. With over 45 years of experience as an OT in a range of hospital, community, research and equipment specialist settings, Sue presents this with an OT lens- translating sleep and circadian science to OT and to other AHPs who are familiar with working collaboratively in multi-disciplinary teams.

All sessions are online- live and interactive – with recordings available to course participants for 6 months. Course handouts are provided for each session, with resources and fact sheets for clinicians to adapt and use to suit their clinical setting. Ongoing interaction is promoted throughout the course- participants are encouraged to bring their case stories and questions to each session, and we have an ongoing SleepLinks information-sharing group for all participants.

This course is available to participants across Australia and Internationally.

Friday 24 April 2026 to Friday 19 June (with a break Friday 22 May 2026).

Live sessions 9.30-12.30 (AWST). All sessions will be recorded and available for 6 months thereafter.

Details of course content, and booking information here: <https://www.trybooking.com/DJJDN>

See SleepLinks' website www.sleeplinks.com.au for more information about Sue and SleepLinks

Email Sue at sleeplinkspert@gmail.com if you have questions about this course.

2. WA Occupational Therapy Association - Introduction to Sleep

Presenter Dr Sue McCabe (OT, PhD) Australia

This is an introduction to sleep for OTs. This is a one-day in-person workshop in Perth, Western Australia and is not recorded. This is a knowledge-sharing event for OTs working across **all age groups, all conditions**. Case stories are included, for practical translation of sleep and circadian science to OT practice. It includes hands-on application of assistive technology for management of sleep setting, thermal & sensory comfort, positioning support, mobility and safety. Course handouts are provided, with resources and fact sheets for clinicians to adapt and use to suit their clinical setting.

In-person. Friday 28 August 2026. Booking information here [Introduction to Sleep \(2026\) | WA Occupational Therapy Association](#)

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3. OTAustralia - Practice Spotlight

Presenters Annie O'Connell (OT, MSc), Dr Sue McCabe (OT, PhD) *Australia*

This on-demand series offers 5 x 1.5hour webinar sessions, available individually or as a bundle. Sessions 1, 3, 4 and 5 are for clinicians who work with people of **all ages, all conditions**. Session 2 focuses on sleep support for **children and young people with developmental conditions**. Session 1 introduces sleep with an OT lens, knowing all about sleep (Sue), Session 2 focuses on assessing sleep and developing a treatment plan for sleep in children & young people (Annie), Session 3 looks at sleep and sensory comfort (Sue), Session 4 covers sleep and thermoregulation (Sue), and Session 5 covers sleep positioning & mobility for people with pain or movement impairment and for postural care (Sue). These are available to members of OTAustralia, and to non-members. The sessions have an OT focus. They are available to other AHPs.

Available on demand at any time, from anywhere. See OTA website for individual webinars or bundle
otaus.com.au/event/all_about_sleep_ot_practice_webinar_bundle
otaus.com.au/event/all_about_sleep_ot_practice_webinar_1_recorded

4. Sleep with Disability Webinar series (with e-manual)

Presenter Annie O'Connell (OT, MSc) *Australia*

This 6-session on-demand recorded series and accompanying e-manual can be accessed through OTA or through Annie O'Connell's Sleep with Disability site. The focus is on supporting sleep of **children and adolescents with developmental conditions**. With an OT focus, it is available to other AHPs.

Available on demand at any time, from anywhere. See OTA or Sleep With Disability websites
otaus.com.au/event/sleepability-promoting-positive-sleep-practices-with-children-SWD880
[Sleep With Disability Webinar Series- SLEEP WITH DISABILITY](#)

5. Southampton Sleep Training series

Presenters Professor Catherine Hill and Southampton Sleep Team *UK*

This live online training is offered by Professor Cathy Hill, a world leader in **paediatric sleep medicine**. It is endorsed by the British Paediatric Sleep Society and the Royal College of Paediatrics and Child Health. There is a choice of two foundational sleep training modules, and a series of focused modules. The modules cover: Basic Sleep Know How or Sleep Basics for Everyday Practice / Disorders of Sleep / Managing Sleep Problems in Neurodevelopmental Disorders / Managing Sleep in Children with Physical Disability and Sensory Impairment / Managing Chronic Insomnia. These modules are attended by allied health practitioners, paediatricians, respiratory physicians, paediatric psychiatrists, domiciliary sleep support workers. Sue McCabe (OT) is a co-presenter of Module 4.

The sessions are live on-line. They are not recorded, and thus only available at the given dates and times.
Dates for the 2026 series are as listed on the website: [Southampton Sleep Training - Courses - PAEDIATRIC INNOVATION, EDUCATION & RESEARCH NETWORK](#)

6. Department of OT, Colorado State University – CBT-I for OTs

Presenters Assoc Prof Aaron Eakman (OTR, PhD), Natalie Rolle (OTR, MSc) *USA*

This self-paced online course offers 18 contact hours for essential understandings of sleep health, insomnia, and cognitive behavioural therapy for **adults with chronic insomnia (CBTi)**. The course has been updated for 2025 and offers an overview of theories of insomnia, assessment and treatment techniques, clinical stories, and a case study demonstrating how an OT can safely and effectively deliver CBT-I to treat chronic insomnia in their clients. CBT-I for OT highlights the unique role of occupational therapy in the ADLs of sleep participation & sleep preparation. It offers evidence-based principles & techniques that can be adopted across practice settings. *This online, recorded course can be accessed at any time, from anywhere.*

[Online Certificate in Cognitive-Behavioral Therapy for Insomnia \(CBT-I\) | Colorado State University](#)
[Cognitive-Behavioral Therapy for Insomnia \(CBT-I\) for Occupational Therapy Online - Occupational Therapy](#)

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7. Sleep Matters – from Science to Strategy

Presenter Kim Barthel (OTR) *Canada*

This is offered as 9 hours of prerecorded self-paced learning, and 1 hour live Zoom Q&A options on specific dates. Kim has a range of workshops on trauma sensitive practice, understanding and supporting complex behaviour, psycho-sensory interventions and conscious parenting. This knowledge is woven into her presentation of sleep information, covering The Science of Sleep, **Sleep Dysregulation across the Lifespan**, Treatment and Adapting the Environment to Support, Tools and Strategies for the Support of Sleep Regulation, Alternative Sleep Interventions.

[ON-DEMAND SERIES with LIVE Q&A: Sleep Matters - From Science to Strategy - APPROVED FOR AOTA CEUs – Kim Barthel](#)

8. Know Sleep – Supporting Infant and Child Sleep

Presenter Patricia Flynn (OT) *Ireland, Belgium*

Know Sleep offers a one-day course based on a family-centred framework for occupational therapists with an overview of current child and family sleep research, an exploration of relevant theory and current debates from a broad range of relevant multi-disciplinary fields, a deep-dive into sleep as an occupational category that incorporates sleep preparation and sleep participation activities, and a guiding framework for occupation-focused, family-centred sleep evaluation, intervention and outcome measurement. Case studies, group activities, and discussion are included, towards developing clinical reasoning skills specific to the application of current research and best practice principles in the field of supporting **paediatric sleep**. Know Sleep also offers An Introduction to Integrated Family Sleep – a recorded 60 min webinar aimed at supporting Occupational Therapists working with infants, children, and families with diverse sleep needs.

The one-hour webinar is available at any time. The one-day course is live, online. Dates for 2026 to be advised. [Professional Courses | Know Sleep](#)

9. Initial Approach to Sleep and Rest in Childhood from an OT Perspective

Presenters Lorena Leive (OT), Daniela Melfi (OT), Alberto León (OT), Dr. Joaquín Díez (Psychiatrist)
Spain and Argentina

This is a Post-Graduate Sleep Training Course for occupational therapists interested in addressing **sleep and rest in childhood** from an occupational perspective, with live online sessions over two consecutive weeks (Fri 4 hours + Sat 8 hours each week) + 8 hours of asynchronous activities (readings, clinical case analysis, and forum discussion). It is in Spanish. Content includes OT-based assessment of sleep and rest occupations in childhood; occupational analysis and goal setting for sleep/rest difficulties; occupational balance, autonomy, and independence; evidence-based practice + occupational and human rights perspectives; integration with developmental psychology and sleep medicine; clinical case discussions. In 2026, the course will be offered in Chile (University of Chile), Spain (University of Castilla-La Mancha), and Argentina (University of Buenos Aires). *Dates will be announced soon via each university's official channels. Contact Sue at sleplinksperth@gmail.com if you would like to be updated when ore details are released.*

10. Sleep Charity UK

This UK based group offers a very broad range of online courses and resources, with **various target groups** and for various professionals.

See further information on their website: [Our Courses - The Sleep Charity](#)

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11. “Gentle Methods of Sleep Settling (GeMSS)” training program

Presenter Professor Sarah Blunden (MClinPsy, PhD) *Australia*

This is a manualised program especially for health professionals to train in sleep and therefore be able to deliver the GeMSS program for their client/patient group. It runs alongside the “The Boss of My Sleep” downloadable printable e-book that has a parent manual to support independent **sleep in children 3- 8 years** of age. Professor Blunden also has “The Sensible Sleep Solution” book, targeted to support parents of **babies 12 month and under**.

See further information <https://sensibleleep.com/course/blunden-responsive-gemss-method/>

12. EDS Sleep Training for Professionals

Presenters Evelyn Stewart (sleep practitioner, trainer) and team *UK*

This group of experienced sleep consultant – trainers offers a wide range of on-demand webinars for health professionals, including a series for occupational therapists in particular and a course on CBT-I for children. The focus is on **sleep of children and young people**.

See further information on their website: [Paediatric Sleep Training for Professionals](#)

13. Sleep Action

Various presenters *Scotland*

This group was previously Sleep Scotland – the long-standing sleep training organisation (perhaps the first in the world which offered sleep training with focus on children with disabilities). The website offers a range of sleep information resources, and a range of online sleep training options for people working with **children, young people and adults**.

See this link [Sleep Action | UK’s Oldest Sleep Charity | Formerly Sleep Scotland](#)

14. Neuroprotective Developmental Care (NDC or the Possums programs)

Presenter Dr Pamela Douglas (GP) *Australia*

Health professionals can train to support **infant and family sleep** though the NDC approach, applying the lenses of evolutionary biology, complexity science and holistic (or generalist) clinical practice in the interpretation of the latest scientific evidence. The NDC Institute translates this research to provide online education and resources for health professionals, providers and educators in the domains of clinical breastfeeding support and lactation science; infant cry-fuss problems; sleep; infant sensory motor needs and development; perinatal and infant mental health.

See these links for information [The NDC Institute](#) [NDC | Accreditation](#)

15. Sleep Societies - conferences, webinars and training events

It's valuable to be a member of sleep societies- they offer great fact sheets, conferences, webinars and training courses

- ASA (Australasian Sleep Association) [Home \(sleep.org.au\)](#)
- British Sleep Society www.sleepsociety.org.uk
- Canadian Sleep Society [Canadian Sleep Society- Société canadienne du sommeil](#)
- ESRS (European Sleep Research Society) [eSleep Europe 2025 | ESRS](#)
- Indian Society for Sleep Research [ISSR – Indian Society for Sleep Research](#)
- IPSA [International Pediatric Sleep Association- Home \(pedsleep.org\)](#)
- National Sleep Foundation [National Sleep Foundation](#)
- Sleep Health Foundation www.sleephealthfoundation.org.au

Please contact Sue at SleepLinks (sleeplinksp Perth@gmail.com) if you would like more details, or **if you would like to add your training event/s to this list.**