

# Pre Recorded Online Training

Presented by

**Sleep  
Well  
Science**

ASSESSMENT & REMEDIATION



**JOHN GROEGER**

*Professor of Psychology,  
Sleep Well Science*

## **SLEEP AND FATIGUE:** *Twins or distant cousins?*

This online training will focus on what gives rise to sleep loss and to fatigue, and consider why both are prevalent after major trauma - particularly brain injury.

**This online training resource includes a video of the presentation and PDF copy of the slides.**

The benefits of this course being online are:

- Complete the course in your own time
- Personalised CPD & APIL certificate for 2 points
- Unlimited time to access the resource
- Resources remain in your account forever to refer back to

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# Online Training

## SLEEP AND FATIGUE: *Twins or distant cousins?*

This online training will focus on what gives rise to sleep loss and to fatigue, and consider why both are prevalent after major trauma- particularly brain injury. Professor John Groeger will show that confusing the origins and effects of sleep-loss and fatigue may hamper client's progress. In addition, he will discuss the importance, for the rehabilitation process, of multifaceted assessment of both sleep-loss and fatigue, as well as the practical interventions which might be introduced to enhance client benefits from a sleep and fatigue informed approach to care and rehabilitation.

## EXPECTED LEARNING OUTCOMES:

*To ensure attendees can*

- Distinguish between sleep loss and fatigue
- Recognise what exacerbates each
- Understand how to protect clients against sleep loss and fatigue
- Identify key sleep and fatigue related rehabilitation practice points

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# Biography



## JOHN GROEGER

*Professor of Psychology,  
Sleep Well Science*

John Groeger is Professor of Psychology at Nottingham Trent University (NTU, UK), a Fellow of the British Psychological Society, and Chartered Psychologist, and Director of NTU's SleepWellScience sleep assessment service. He has been Honorary General Secretary of the British Psychological Society and President of the International Association of Applied Psychology's Traffic and Transport division; holds/has held four full professorships in psychology and three honorary professorships and has received extensive research funding from national and international governmental, industry and research bodies.

John's primary interests lie in understanding how the brain and body support performance of everyday tasks, and how that performance is temporarily or permanently compromised by sleep loss, diet, ill-health, and injury. His sleep research spans laboratory and real-world settings, from young children to older adults, sex, sexualities, and methods ranging from diaries to electroencephalography, total sleep deprivation to brief napping, from measuring hormones to gene expression, and the changes in cognition and emotion that result from disrupted sleep and circadian phase. John has published over 200 scientific papers in peer-reviewed journals, book chapters and reports, two books (Memory and Remembering, 1998; Understanding Driving, 2000) and is writing a third entitled "Systemic Sleep".

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# Sleep Well Science



ASSESSMENT & REMEDIATION

**At home, client-centred  
sleep assessment and remediation support  
after traumatic injury**

- Actigraphy
- EEG
- Core body temperature
- Subjective experience sampling
- Hormonal analysis
- Pulse oximetry

 @SleepWellSci

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