



World Sleep Day[®]

Hosted by World Sleep Society

MARCH 19, 2021

REGULAR SLEEP
HEALTHY FUTURE



JOIN US!

19 MARCH, 2021, 20.00-21.00 CET



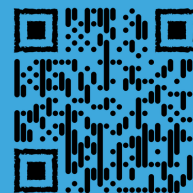
Is Physiotherapy Effective in Sleep Problems?

Sleep problems are prodromal to many diseases and many disorders provoke sleep disorders. We will discuss some of the vicious circles and illustrate what we can do in physiotherapy to improve holistically the health of our patients.

WEBINAR'S AGENDA

- Welcome speech and Introduction
- What is sleep?
Prof. Stathopoulos Stavros
- What can we do as physiotherapists?
Dr. Staub Cristina
- Questions & Answers

WATCH US ON



zoom <https://psf.org.gr/wl-nyJU5>



<https://www.youtube.com/user/psforggr>



<https://bit.ly/3suOkqL>

Organized by the:

- Swiss Group of Physiotherapy in Mental Health
- Greek scientific section "Physiotherapy in Mental Health"

Communication Sponsor:

- AION SOLUTIONS Ltd.

Participation: No Registration
Free of charge



ABOUT THE SPEAKERS



STAUB CRISTINA

was born in Zurich, Switzerland.

Following her physiotherapy training, she studied neurophysiology and linguistics to learn more about the influence of communication on the healing process.

Afterwards she completed a PhD in the field of sleep medicine.

Her actual occupational activities are:

- Physiotherapist at an inter-professional office, Zurich, Switzerland
- Lecturer at different Universities of Applied Sciences
- Vice President of Pro Dormo Switzerland. Aim of the organization: promoting sleep in the population
- Board Member of the Swiss Group of Physiotherapy in Mental Health (SAG PPP): responsible for international and national relationships
- Delegate of Switzerland of the International Organisation of Physiotherapy in Mental Health (IOPTMH)
- Active member in the special interest group of sleeping disorders of the World Physiotherapy (the operating name of World Confederation for Physical Therapy) / Network for Health Promotion in Life

She is committed to ensuring that patients with sleep disorders and with mental health disorders are treated more effectively and holistically.



ABOUT THE SPEAKERS



STAVROS STATHOPOULOS

was born in Volos, Greece

He concluded his basic studies at 2nd University of Rome “Tor Vergata” in Rehabilitation with specialization in Neurology and Neuropsychology.

His actual occupational activities are:

- *Physiotherapist at the Physical Therapy Department in “Evangelismos” General Hospital, Athens, Greece*
- *Adviser in Open and Distance Learning*
- *Director and professor in postgraduate programs at “G. Marconi” University of Rome, Italy, in “Pedagogic and didactic for children with movement disabilities”*
- *Member of the teaching staff at the Postgraduate Program of the Medical School of National and Kapodistrian University of Athens, Greece, in “Molecular and Applied Physiology”, Specialization: Therapeutic Medical Exercise, teaching object: “Therapeutic exercise protocols in chronic psychiatric diseases”*
- *Participant of the Development Group for Schizophrenia of the WHO Rehabilitation Programme / Package of Interventions for Rehabilitation*
- *Chief Knowledge Officer at Aion Solutions, UK*
- *Active member in the special interest group of sleeping disorders of the World Physiotherapy (the operating name of the World Confederation for Physical Therapy) / Network for Health Promotion in Life*
- *Individual member of the World Federation for Mental Health (WFMH)*
- *Organizational secretary of the Executive Committee of PanHellenic Physiotherapist Association (Attica Region, Greece)*
- *Coordinator of the scientific section “Physiotherapy in mental Health” of the Pan-Hellenic Physiotherapist Association and its delegate in the International Organization of Physiotherapy in Mental Health (Official subgroup of the World Physiotherapy)*
- *Secretary of the managing board of the European Network of Active Living for Mental Health (ENALMH)*

His scientific interest in physiotherapy in mental health is focused on the applications of biofeedback, on the parameterization of therapeutic exercise & most recently on the repetitive Transcranial Magnetic Stimulation (rTMS).