

The NCMD Research Seminar Series

Friday 6th June 2025, 12-1pm, [online via Teams](#)



Chronic Insomnia

Dr Hugh Selsick Consultant Psychiatrist and Sleep Specialist

Please note the speaker has been supported to present by Idorsia Pharmaceuticals Ltd

Dr Selsick is a consultant psychiatrist treating adults with sleep disorders. He has been involved in Sleep and Sleep Medicine for nearly 30 years. He has founded and runs the Insomnia and Behavioural Sleep Medicine Clinic at UCLH, the first of its kind, and is the lead clinician there. Dr Selsick has also founded and chaired the Sleep Special Interest Group in the Royal College of Psychiatrists and he is a past president of the Sleep Section at the Royal Society of Medicine. He has expertise in treating all sleep disorders and has a special interest in the management of insomnia, nightmares, circadian rhythm disorders and restless legs. He has also contributed to numerous textbooks on sleep and psychiatry. He has lectured and taught widely on sleep medicine and runs training courses on general sleep medicine, sleep and mental health, and cognitive behaviour therapy for insomnia.

The Chronic Insomnia presentation will include the following:

- *Role of sleep*
- *Chronic insomnia: diagnosis and management*
- *The Role of Orexin*
- *Chronic Insomnia NICE Guidance*
- *Idorsia's chronic insomnia treatment*
 - *Mechanism of action*
 - *Phase 3 study data*
 - *Efficacy*
 - *Safety profile*
 - *Practical management*
- *Q&A*

Join online via MS TEAMS [click here to join the meeting](#)

Meeting ID: 388 430 428 998

Passcode: UZ3zC6s9

If you would like to receive regular communications regarding NCMD Research Group Seminars including meeting invites, please contact Samantha.jewell-mills@newcastle.ac.uk