



15 March, 2021, 20.00-21.30 CET

Physiotherapists as Sleep Health Promoters

Discover the vital role physiotherapists play in promoting better sleep health and enhancing overall well-being.

Don't miss this opportunity to explore evidence-based strategies and practical tips that will empower your patients towards better sleep and overall wellness.

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Organized by

Scientific Section "Physiotherapy in Mental Health"

Panhellenic Association of Physiotherapists

Under the Auspices of the

European Network of Active Living for Mental Health

ENALMH



ABOUT THE SPEAKER



DR. FRANGE CRISTINA

Cristina Frange is a sleep physiotherapist, working as a clinician and a researcher. She earned her postdoctoral degree at the Neurology and Neurosurgery Department, from the Neuroscience Program at the Federal University of São Paulo (UNIFESP) in 2022; graduated with a Ph.D. in Medicine and Biology of Sleep in 2017 from the Sleep Division of the Department of Psychobiology at UNIFESP. She is certified in Advanced Sleep Training by the World Sleep Academy, World Sleep Society (WSS) in 2023.

Dr. Frange has presented on sleep and its relevance to physical therapy practice at national and international conferences. She was part of the team that presented a Discussion Session on sleep and physiotherapy at the World Physiotherapy Congress (Geneve, Switzerland, 2019), a course on Sleep and Physiotherapy for the Israeli Association of Physical Therapy (Tel Aviv, Israel, 2020), and for the Slovenian Physical Therapy Association (Online, 2022).

She edited the books *Clinical Cases in Sleep Physical Therapy* (2023), and *Sleep and Physical Therapy: a Comprehensive Guide for Practitioners* (2022), both by Springer Publishing. She gathered physiotherapists from Brazil to discuss and deliver the Practice recommendations for the role of physiotherapy in the management of sleep disorders: the Brazilian Sleep Association Guidelines (2022).

A member of the Brazilian Council of Sleep Physiotherapists (2022-2023), of the Brazilian Sleep Association, and member of the Health Promotion for Life and Work network. She is a faculty of the World Sleep Academy, from WSS; of the Sleep Institute, coordinating the course Sleep Physiotherapy, and Einstein Teaching, both in São Paulo, Brazil.

Her research focuses on non-pharmacological interventions to improve sleep disorders, specifically sleep apnea and restless legs syndrome, and how sleep optimization can improve rehabilitation outcomes. She loves to collaborate and learn, nationally and internationally.

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