

Ref Talks

Spring Series 2026

Sleep, a primary and secondary care perspective

KEY SPEAKERS

Dr Renata Riha

Dr Riha is a consultant in Sleep and Respiratory Medicine at the Royal Infirmary, Edinburgh. Dr Riha has over 30 years of experience working in clinical sleep medicine. She is passionate about research and teaching and is involved professionally with a variety of training programmes, meetings and conferences in sleep medicine nationally and internationally.

Dr Michael Diamond

Dr. Michael Diamond is an Edinburgh based GP. Within his practice he is the lead for the care of patients with diabetes. He is a keen educator and oversees the medical students on clinical placement. He has delivered many talks on the importance of lifestyle-related factors within a primary care setting.

ABOUT

Sleep problems are a very common presentation within primary care. This talk will aim to reinforce the basics of sleep physiology, its relevance within the consultation and how this can interact with clinical presentations. There will be a focus on some common sleep problems, and how we can approach these in primary care. There will also be an update on secondary care referral pathways to the Sleep Medicine team.

25 May 2026
7:30-8:30 pm

Online via MS Teams



[REGISTER NOW](#)

loth.refhelp@nhs.scot