Non-Pharmacological Interventions to Optimize Sleep and Circadian Health in the ICU

03/16/2022 2:00 PM – 3:00 PM EST | Online

Sleep and circadian health are often severely disrupted in critically ill patients. These derangements have been associated with poor clinical outcomes and unsatisfactory patient experiences. This lecture will review the various factors contributing to sleep and circadian disruption in the intensive care unit, and will discuss various non-pharmacologic methods for managing this problem. Additionally we will discuss future directions for research in this field.

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Program Goal:
1. Participants will gain an understanding of the multiple factors contributing to disruption of sleep and circadian health in critically ill patients.
2. Participants will learn about non-pharmacological interventions that can be implemented to improve sleep and circadian alignment in the intensive care unit.
3. Participants will discuss important future research considerations regarding sleep and circadian rhythms in critically ill patients.

Target Audience: Sleep Medicine

Financial Disclosure Information:
Janet Hilbert, MD, course director for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.
Debbie Lovejoy, coordinator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.
Melissa Knauert, MD, PhD, moderator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.
Amy Korwin, MD, MD, faculty for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.

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For questions, email deborah.lovejoy@yale.edu; For information to register, email yalesleep.medicineseminar@yale.edu