



Yale Sleep Medicine Seminar

YaleCME
CONTINUING MEDICAL EDUCATION

Presented by

Yale School of Medicine's Department of Internal Medicine, Section of Pulmonary, Critical Care, & Sleep Medicine

The Importance of Sleep for Optimizing Athletic Performance and Recovery



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Wednesday, December 16, 2020 @ 2pm EST

Moderator: Lauren Tobias, MD

REMOTE ATTENDANCE ONLY – NO LOCAL AUDIENCE

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/93569756530>

Telephone: Dial: +1 203 43-29666 or (+1 877 853-5247 or +1 888 788-0099 US Toll-free); Meeting ID: 935 6975 6530

CME credit for live event only.

To record your attendance, text the ID# provided at the session to 203-442-9435 from 1:45pm-3:15pm on November 18, 2020

There is no corporate support for this activity. This course will fulfill the licensure requirement set forth by the State of Connecticut.

ACCREDITATION

The Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

TARGET AUDIENCE

Attending physicians, house staff/fellows, medical students, nurses, physician assistants.

NEEDS ASSESSMENT

Sleep is now widely recognized for its important role in facilitating optimal health. However, emerging research suggests that athletes, who may need more sleep than their less active peers, have a high prevalence of insufficient sleep. Moreover, there is now consistent evidence linking insufficient sleep to worsened athletic performance and recovery. A greater understanding of these recent research findings may help in the identification and treatment of poor sleep in athletes. In this course, emphasis will be placed on: (1) the prevalence of insufficient sleep in samples of athletes; (2) the impact of insufficient sleep on athletic performance; (3) the impact of insufficient sleep on injury risk and recovery; (4) interventions that have examined the impact of sleep improvement on athletic performance.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Attendees will be able to describe the high prevalence of insufficient sleep among athletes.
2. Attendees will be able to list at least 5 deleterious consequences on athletic performance that insufficient sleep causes.
3. Attendees will be able to discuss the efficacy of sleep interventions in samples of athletes and their impact on performance.

DESIGNATION STATEMENT

The Yale School of Medicine designates this live activity for 1 AMA PRA Category 1 Credit(s)TM. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

FACULTY DISCLOSURES

Lauren Tobias, MD, Course Director – No conflict of interest
Christopher E Kline, PhD – No conflict of interest

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