



## State SLEEP Conference

**YaleCME**  
CONTINUING MEDICAL EDUCATION

Presented by

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

# Topics Related to the Medical Management of Insomnia



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### Wednesday, February 19, 2020 @ 2-3 pm

The Anlyan Center, TAC S-447

**Moderator: Lauren Tobias, MD**

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

The lecture provides innovative ways of thinking about how to approach the medical management of insomnia with respect class of meds, Tx regimen, Rx signatura, and outcome measures.

#### LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Know the common classes of medications used for the treatment of insomnia
2. Consider the relative efficacy of the various classes of medication

3. Consider how behavior varies with medication use

#### DESIGNATION STATEMENT

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

#### FACULTY DISCLOSURES

Lauren Tobias, MD, Course Director – No conflicts of interest

Michael L Perlis, PhD – No conflicts of interest

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