



State SLEEP Conference

Presented by

YaleCME
CONTINUING MEDICAL EDUCATION

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

Sleep and School Start Times



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UCONN Health

Wednesday, February 5, 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

There is a need in educating medical professionals on adolescent sleep, the benefit of delayed school start times and the difficulties facing school districts with changes in school start times.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Understand adolescent sleep patterns
2. Identify the benefits of a delayed school start time in adolescents
3. Identify the challenges of changing a school start time

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 conflicts of interest
Jennifer Kanaan, MD – No conflicts of interest

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