Sleep and School Start Times

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UCONN Health
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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

ACREDITATION
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)™. 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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