



State SLEEP Conference

Presented by

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

Early Childhood: Critical Window for Promoting Sleep Health and Preventing Sleep Problems



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Albert Einstein College of Medicine

Wednesday, October 2, 2019 @ 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

This course will fill a gap in understanding of:

1. Prevalence and nature of early childhood sleep problems
2. Adverse social-behavioral, cognitive, and physical consequences, and
3. Current research in the field

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Gain an understanding of the prevalence and nature of early childhood sleep problems
2. Identify the adverse social- behavioral, cognitive, and physical consequences of early childhood sleep problems

3. Gain familiarity with novel approaches to delivering sleep health education and sleep problem screening outside of pediatric primary care

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
Karen Bonuck, PhD – No Conflicts of interest

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