State SLEEP Conference
Presented by
Yale School of Medicine’s Department of Internal Medicine, Section of Pulmonary, Critical Care, & Sleep Medicine

Sleep Clues to Alzheimer’s Disease

Ricardo S Osorio, MD
Assistant Professor, Department of Psychiatry
Director, Center for Sleep and Brain Health
Center of Excellence on Brain Aging
NYU Langone Medical Center

Wednesday, September 4, 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
Sleep is increasingly recognized as an important factor in brain health. Obstructive sleep apnea (OSA) causes intermittent hypoxia and sleep fragmentation, which may both affect brain structure and function. OSA affects at least 20% of individuals after the age of 65. The harmful effects of disturbed sleep on brain health are particularly important for older individuals with OSA. With an aging population and increasing prevalence of neurodegenerative disorders and dementia, it is a public health priority to identify risk factors for cognitive decline and optimize strategies to maintain brain health. Recent cohort studies suggest that OSA is a risk factor for stroke, mild cognitive impairment (MCI), Alzheimer’s disease (AD) and Parkinson’s disease (PD). Prevention through treatment of risk factors is currently the main intervention for reducing the incidence of dementia. Therefore, how OSA affects brain health and whether its treatment can slow neurodegeneration are highly relevant questions.

LEARNING OBJECTIVES
At the conclusion of this talk, individuals will learn to:

1. Describe epidemiologic studies linking OSA to cognitive decline and dementia
2. Discuss potential pathophysiological mechanisms that could explain the link between disturbed sleep and cognitive decline
3. Provide examples on how biomarkers could be used to study the impact of OSA and its treatment on progression to dementia

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
Ricardo Osorio, MD – No conflicts of interest

It is the policy of Yale School of Medicine, Continuing Medical Education, to ensure balance, independence, objectivity, and scientific rigor in all its educational programs. All faculty participating as speakers in these programs are required to disclose any relevant financial relationship(s) they (or spouse or partner) have with a commercial interest that benefits the individual in any financial amount that has occurred within the past 12 months; and the opportunity to affect the content of CME about the products or services of the commercial interests. The Center for Continuing Medical Education will ensure that any conflicts of interest are resolved before the educational activity occurs.