



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

The Prevalence and Impact of Drowsy Driving



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Wednesday, January 8, 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

Experts recommend that healthy adults should sleep at least 7 hours per night for optimal health, however, a substantial percentage of U.S. adults report shorter sleep durations. For people who drive motor vehicles, one of the many adverse health impacts of insufficient sleep is increased risk of causing a crash. Although official statistics from the United States Government indicate that only approximately 1-2% of motor vehicle crashes involve a driver who was reported to be asleep or fatigued, in-depth studies using a variety of methods and data sources suggest that the true prevalence is much higher. In addition, recent research has quantified the real-world crash risk associated with short sleep duration. This course will provide attendees with a review of recent research on the prevalence and impact of drowsy driving, drawing upon research by the AAA Foundation for Traffic Safety and others.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. To learn the latest estimates of the prevalence of drowsy driving in the United States.
2. To review findings of in-depth studies of the numbers of crashes, injuries, and deaths attributable to drowsy driving, and contrast the methods and results of this research with official government statistics.
3. To understand how recent research has quantified the relationships between acute and chronic partial sleep deprivation and risk of motor vehicle crash involvement.

DESIGNATION STATEMENT

The Yale School of Medicine designates this live activity for 1 *AMA PRA Category I 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
Brian C Tefft, RSPI – No conflicts of interest

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