



Yale Sleep Medicine Seminar

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Presented by

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

Consumer Sleep Technologies- Potentials, Pitfalls, and the Future of Ambulatory Sleep Tracking



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Wednesday, January 6, 2021 @ 2pm EST

Moderator: Lauren Tobias, MD

REMOTE ATTENDANCE ONLY – NO LOCAL AUDIENCE

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/93569756530>

Telephone: Dial: +1 203 43-29666 or (+1 877 853-5247 or +1 888 788-0099 US Toll-free); Meeting ID: 935 6975 6530

CME credit for live event only.

To record your attendance, text the ID# provided at the session to 203-442-9435 from 1:45pm-3:15pm on November 18, 2020

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

Consumer geared sleep-tracking devices are ubiquitous and used by patients; however, understanding of the device's data acquisition, analysis, and performance remain limited.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Identify the sensors used by popular consumer sleep trackers and framework of how signal becomes sleep metrics.
2. Understand the validation process that compares consumer sleep tracker output to scored polysomnogram and associated pitfalls.

3. Describe the potential utilities of consumer sleep tracking devices.

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 conflict of interest

Cathy Goldstein, MD – Arascope, eviCare, UpToDate
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