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

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REMOTE ATTENDANCE ONLY – NO LOCAL AUDIENCE
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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 1 Credit(s)™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

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Lauren Tobias, MD, Course Director – No conflict of interest
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