



Continuing Medical Education  
Yale CME

## Yale Sleep Medicine Seminar

*Presented by: Department of Internal Medicine, Section of Pulmonary, Critical Care & Sleep Medicine*

### *Joint Yale-Harvard-Tufts Sleep Conference Sleep Deficiency and Chronic Pain*

11/10/2021 2:00 PM – 3:00 PM | Online

There is growing evidence that insomnia increases the risk for the development of a wide range of chronic pain disorders. Deficient sleep is known to disrupt multiple biological systems that have analgesic or hyperalgesic properties, which have the potential to mechanistically link sleep disturbances with chronic pain. There is a need to enhance awareness of this relationship and its underlying mechanisms, given the clinical implications of this relationship on treatment decisions in the management of chronic pain comorbid with sleep disturbances



#### **Monika Haack, PhD**

Associate Professor of Neurology  
Division of Sleep Medicine  
Harvard Medical School

Host/Moderator: Eric Heckman, MD

#### **Program Goal:**

1. Recognize that sleep disturbance increases the risk for developing chronic pain disorders.
2. Understand the impact of sleep disturbance on systems with analgesic and hyperalgesic properties.
3. Recognize the research opportunities and clinical implications of the relationship between sleep and chronic pain.

**Target Audience:** Sleep Medicine

#### *Financial Disclosure Information:*

Janet Hilbert, MD, course director for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.  
Debbie Lovejoy, coordinator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.  
Eric Heckman, MD, moderator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.  
Monika Haack, PhD, faculty for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.

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