LEARNING OBJECTIVES
At the conclusion of this activity, participants will be able to:
1. List factors that put you at risk for sleepiness and fatigue.
2. Describe the impact of sleep loss on residents’ personal and professional lives.
3. Recognize the signs of sleepiness and fatigue in yourself and others.
4. Challenge common misconceptions among physicians about sleep and sleep loss.
5. Adapt alertness management tools and strategies for yourself and your program.

NEEDS ASSESSMENT
As part of an educational need for training about the effects of sleep deprivation on patient safety and because it is a requirement for residency accreditation, this talk is being presented.

DISCLOSURES
Fisher: Medtronic (Spouse), Honorarium for Advisory Board
Daniel Kellner, MD, Course Director: None

ACCREDITATION
The Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.