Sleep Deprivation in Medicine

11/16/2022 2:00 PM – 3:00 PM EST | Online

Yale Sleep Medicine Seminar is a weekly conference focused on educating sleep physicians, nurses, respiratory therapists, researchers, and students about the field of Sleep Medicine.

Ilene M Rosen, MD, MSCE
Associate Professor of Medicine
Hospital of the University of Pennsylvania
University of Pennsylvania School of Medicine
Assistant Dean for Graduate Medical Education
Vice Chair for Education, Department of Medicine
Perelman School of Medicine at the University of Pennsylvania

Moderator: Melissa Knauert, MD, PhD

Program Goal:
1. Review the basics of sleep biology that contribute to the feelings of alertness and fatigue
2. Explore the consequences of chronic sleep loss
3. Review the impact of sleepiness in healthcare
4. Discuss habits of healthy sleep and strategies to manage fatigue

Target Audience: Sleep Medicine

Financial Disclosure Information:

<table>
<thead>
<tr>
<th>Name of individual</th>
<th>Individual's role in activity</th>
<th>Nature of Relationship(s) / Name of Ineligible Company(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elena (Helen) Siuzdak, BS</td>
<td>Activity Administrator</td>
<td>Nothing to disclose - 06/27/2022</td>
</tr>
<tr>
<td>Debbie Lovejoy, BA</td>
<td>Activity Coordinator</td>
<td>Nothing to disclose - 06/14/2022</td>
</tr>
<tr>
<td>Janet Hilbert, MD</td>
<td>Course Director</td>
<td>Nothing to disclose - 03/09/2022</td>
</tr>
<tr>
<td>Andrey Zinchuk, MD</td>
<td>Planner</td>
<td>Ownership Interest-Consulting-Restful Robotics - 09/13/2021</td>
</tr>
<tr>
<td>Melissa Knauert, MD</td>
<td>Faculty</td>
<td>Nothing to disclose - 03/04/2022</td>
</tr>
<tr>
<td>Ilene Rosen, MD</td>
<td>Faculty</td>
<td>Membership on Advisory Committees or Review Panels, Board Membership, etc.-Huxley Medical, Inc</td>
</tr>
</tbody>
</table>

Mitigation of Financial Relationships Statement: Yale CME adheres to the ACCME’s Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity. Accreditation Statement: Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Designation Statement: Yale School of Medicine designates this Live Activity for a maximum of 1.00 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. For questions and meeting link, please email yalesleep.medicineseminar@yale.edu

www.cme.yale.edu cme@yale.edu