



## October Seminar Notice State Sleep Conference

Presented by

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

# Chronic Insomnia: Burden of Illness & Current Treatment Options



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Quebec, Canada

Wednesday, October 5, 2016, 2-3 pm  
Anlyan Center, TAC S-447

Host: **Lauren Tobias, M.D.**

*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, housestaff/fellows, medical students, nurses, PAs*

### **NEEDS ASSESSMENT**

There is major gap between evidence-based therapies for insomnia and current clinical practices in managing this disorder. This lecture will fill this gap/need by educating health-care practitioners about evidence-based therapies for insomnia.

There is also very limited medical education on treating sleep disorders; this lecture will also fill this need by providing up to date information about best treatment practices for insomnia disorder.

### **LEARNING OBJECTIVES**

At the conclusion of this activity, participants will learn to:

1. Recognize clinical and diagnostic features of insomnia disorder
2. Identify the main long-term health outcomes associated with chronic insomnia
3. Gain knowledge about evidence-based therapeutic options for managing insomnia

### **DESIGNATION STATEMENT**

The Yale School of Medicine designates this live activity for 1 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

### **FACULTY DISCLOSURES**

Meir Kryger, M.D., Course Director – No conflicts of interest  
Charles Morin, Ph.D. – Cereve, Consultant

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