



State SLEEP Conference

YaleCME
CONTINUING MEDICAL EDUCATION

Presented by

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

Become Your Child's Sleep Coach

Overview and Discussion of Dr Schneeberg's Book



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Yale School of Medicine

Wednesday, December 4, 2019 @ 2-3 pm

The Anlyan Center, TAC S-447

Moderator: Lauren Tobias, MD

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, house staff/fellows, medical students, nurses, physician assistants.

NEEDS ASSESSMENT

Sleep medicine practitioners are well served by knowing how to improve sleep across the lifespan. This presentation will cover topics from my new book which focuses on how to improve sleep in preschool and elementary aged children. Many sleep books focus on babies and toddlers or on adults but this book helps parents improve the sleep of children ages 3-10.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

- 1) Understand the two behavioral reasons most children don't sleep well
- 2) Understand how to address both of these

- 3) Understand behavioral ways to improve other sleep issues in this population including sleep terrors, nightmares, sleepwalking and nocturnal enuresis

DESIGNATION STATEMENT

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

FACULTY DISCLOSURES

Lauren Tobias, MD, Course Director – No conflicts of interest
Lynelle Schneeberg, PsyD – Clickadian; Beddr
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