Become Your Child’s Sleep Coach
Overview and Discussion of Dr Schneeberg’s Book

Lynelle Schneeberg, PsyD
Assistant Professor of Clinical Psychiatry
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)™. 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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