



## Yale Sleep Medicine Seminar

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Presented by

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

# Sleeping in the Sky and in Space



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NASA Ames Research Center, Moffett Field, CA

### Wednesday, January 20, 2021 @ 2pm EST

Moderator: Lauren Tobias, MD

#### REMOTE ATTENDANCE ONLY – NO LOCAL AUDIENCE

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/93569756530>

Telephone: Dial: +1 203 43-29666 or (+1 877 853-5247 or +1 888 788-0099 US Toll-free); Meeting ID: 935 6975 6530

CME credit for live event only.

To record your attendance, text the ID# provided at the session to [203-442-9435](tel:203-442-9435) from [1:45pm-3:15pm](tel:1-45pm-3:15pm) day of session.

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

This lecture will address three specific needs. First, there is a need for tools and technologies that can be used to collect high-quality data from patient populations. NASA researchers have developed technology that can be adapted for this purpose and these tools will be described in the lecture. Second, there is a great deal of information on how to promote healthy sleep in traditional shift workers, but there is relatively little data describing the impact of non-traditional work shifts on human health and performance. There is a need for clinicians to understand how irregular and unpredictable work schedules affect health and performance outcomes among individuals working high-stress occupations. Finally, individuals in these special populations often have challenges associated with their work schedules that can cause them to experience fatigue and reduced alertness and performance. There is a need to understand what countermeasures can be implemented to better mitigate these issues among non-traditional shift workers.

#### LEARNING OBJECTIVES

At the conclusion of this talk, participants will learn

1. the tools and techniques that have been developed at NASA for collecting sleep, circadian, and neurobehavioral in real world environments.
2. how non-traditional work shifts affect worker health and performance outcomes.
3. the countermeasures that have been developed to mitigate some of the impact of working irregular, unpredictable, and stressful shifts.

#### DESIGNATION STATEMENT

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

#### FACULTY DISCLOSURES

Lauren Tobias, MD, Course Director – No conflict of interest

Erin E Flynn-Evans, PhD, MPH – No conflict of interest  
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