



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

Pediatric Sleep Disorders and School Performance



Rochelle Zozula, PhD

President, Sleep Services International, LLC
Bridgewater, NJ

Wednesday, January 29, 2020 @ 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

While sleep problems are prevalent in approximately 25% of children, the majority of pediatric practitioners are not well-versed in identifying or treating these issues. Sleep is essential for the normal growth, development and mood regulation in children and adolescents. The impact of these unresolved sleep issues may present as "inattentive" or "hyperactive" children in the daycare setting or classroom, which may actually be a manifestation of underlying sleepiness or the child being overtired. One major underlying cause for sleep disruption in children and adolescents is sleep-disordered breathing (SDB). Potential consequences of untreated sleep apnea in children are growth failure, learning, attention and behavioral problems, and cardiovascular and metabolic complications. Other sleep-related disorders such as restless legs syndrome, chronic insufficient sleep, and circadian rhythm disorders, can also contribute to daytime performance deficits and behavioral/mood dysregulation. Early diagnosis and treatment of the

underlying sleep problem is imperative to ensure the physical and mental well-being of the pediatric patient.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Understand normal sleep patterns in children and adolescents
2. Delineate specific sleep disorders in children
3. Discuss how school performance and daytime behavior are affected by sleep disorders and certain sleep patterns
4. Discuss early identification, diagnosis, and treatment of common pediatric sleep disorders

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
Rochelle Zozula, PhD – Dagsmejan, Denihan Hospitality, ByNight
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