Wearable Wars: Evolution in Sleep Assessment?

Douglas Kirsch, MD
Professor, Neurology and Internal Medicine, Atrium Health
Clinical Professor, Dept of Medicine, UNC School of Medicine
Medical Director, Sleep Medicine, Atrium Health

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Moderator: Lawrence Epstein, MD

REMOTE ATTENDANCE ONLY – NO LOCAL AUDIENCE
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/93569756530
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To record your attendance, text the ID# provided at the session to 203-442-9435 from 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
The world of sleep medicine has been evolving over the last several years. Increasing use of consumer sleep technology (CST) to track sleep has occurred, impacting clinical interactions with Sleep patients. Understanding the types of technology and the data obtained will help clinicians discuss this information accurately and effectively with our patients.

LEARNING OBJECTIVES
At the conclusion of this talk, participants will learn
1. Understand the evolution of consumer sleep technology over the last several years
2. Identify types of currently used consumer sleep technology
3. Increase the ability to comprehend the basic underpinnings of current consumer sleep technology

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 conflict of interest
Douglas Kirsch, MD – No conflict of interest

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