Yale Sleep Medicine Seminar

Presented by: Department of Internal Medicine, Section of Pulmonary, Critical Care & Sleep Medicine

Behavioral Measures to Optimize Sleep for Performance

09/28/2022 2:00 PM – 3:00 PM EDT | Online

Yale Sleep Medicine Seminar is a weekly conference focused on educating sleep physicians, nurses, respiratory therapists, researchers, and students about the field of Sleep Medicine

Michael A Grandner, PhD
Associate Professor of Psychiatry
Director, Sleep & Health Research Program
Director, Behavioral Sleep Medicine Clinic
University of Arizona College of Medicine, Tucson

Host: Janet Hilbert, MD

Program Goal:
1. Understand the contextual factors that influence sleep and daytime functioning
2. Understand the basic behavioral strategies that can be leveraged to improve sleep health
3. Understand the role of sleep health technology in understanding and improving sleep and performance

Target Audience: Sleep Medicine

Financial Disclosure Information:

<table>
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<tr>
<th>Name of individual</th>
<th>Individual’s role in activity</th>
<th>Name of Ineligible Company(s) / Nature of Relationship(s)</th>
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<td>Elena (Helen) Siuzdak, BS</td>
<td>Activity Administrator</td>
<td>Nothing to disclose - 06/27/2022</td>
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<tr>
<td>Debbie Lovejoy, BA</td>
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<tr>
<td>Janet Hilbert, MD</td>
<td>Course Director</td>
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<tr>
<td>Michael Grandner, PhD</td>
<td>Faculty</td>
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For questions and meeting link, please email yalesleep.medicineseminar@yale.edu