

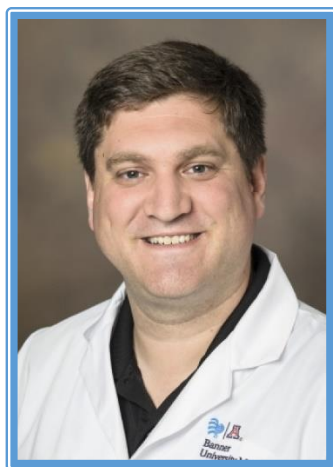
## Yale Sleep Medicine Seminar

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:

Name of individual	Individual's role in activity	Name of Ineligible Company(s) / Nature of Relationship(s)
Elena (Helen) Siuzdak, BS	Activity Administrator	Nothing to disclose - 06/27/2022
Debbie Lovejoy, BA	Activity Coordinator	Nothing to disclose - 06/14/2022
Janet Hilbert, MD	Course Director	Nothing to disclose - 03/09/2022
Michael Grandner, PhD	Faculty	Grant or research support-Jazz Pharmaceuticals   Consulting Fee-Idorsia - 09/21/2022

*Mitigation of Financial Relationships Statement: Yale CME adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.*

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For questions and meeting link, please email [yalesleep.medicineseminar@yale.edu](mailto:yalesleep.medicineseminar@yale.edu)