



## Yale Sleep Medicine Seminar

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

# Sleep and Respiratory Management in Amyotrophic Lateral Sclerosis

9/29/2021 2:00 PM – 3:00 PM | Online

Amyotrophic lateral sclerosis (ALS) is a neurodegenerative disease frequently leading to paralysis and death generally within 2–5 years of onset due to respiratory failure. There are no long-term effective therapies for patients with ALS, and the prognosis is poor. Thus, the main focus of ALS management is symptomatic treatment and palliative care. Prevention and management of respiratory complications is key to prolong survival and improve quality of life. Sleep quality is impaired in ALS due to multiple factors and affects general quality of life. Interventions to improve sleep quality are important in this patient population to improve overall wellbeing. There are limited studies of sleep disorders in this population.



### Faculty:

#### Montserrat Diaz-Abad, MD

Associate Professor of Medicine  
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### Program Goal:

1. Recognize the progressive nature of pulmonary decline amyotrophic lateral sclerosis
2. Discuss the relationship between sleep and pulmonary function in amyotrophic lateral sclerosis
3. Describe therapeutic interventions to manage respiratory failure in amyotrophic lateral sclerosis

**Target Audience:** Sleep Medicine

### Financial Disclosure Information:

Janet Hilbert, MD, Course Director for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.  
Montserrat Diaz-Abad, MD, faculty for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.

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