



Yale Sleep Medicine Seminar

Presented by

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CONTINUING MEDICAL EDUCATION

Yale School of Medicine's Department of Internal Medicine, Section of Pulmonary, Critical Care, & Sleep Medicine

Comorbid Insomnia and Sleep Apnea: Where Are We?



Olurotimi Adekolu, MD

Clinical Fellow of Sleep Medicine
Yale School of Medicine

Wednesday, April 28, 2021 @ 2pm EDT

REMOTE ATTENDANCE – NO LOCAL AUDIENCE

Moderator: Lauren Tobias, MD

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/93569756530>

Telephone: Dial: +1 203 43-29666 or (+1 877 853-5247 or +1 888 788-0099 US Toll-free); Meeting ID: 935 6975 6530

CME credit for live event only.

To record your attendance, text the ID# provided at the session to [203-442-9435](tel:203-442-9435) until 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

Co-morbid insomnia and sleep apnea (COMISA) is a highly prevalent and debilitating disorder which results in additive impairments to patients' sleep, daytime functioning, and quality of life. Hence, its treatment requires nuanced diagnostic considerations, as well as multi-faceted treatment approaches provided by multi-disciplinary teams of psychologists and physicians. This lecture will provide the general practitioner as well as the sleep physician with an up-to-date review of the clinical approach to these patients.

LEARNING OBJECTIVES

At the conclusion of this talk, participants will:

1. Review the prevalence and pathophysiology of comorbid insomnia and OSA
2. Recognize the comorbidities and clinical presentation of COMISA

3. Acquire the necessary tools to identify and manage this prevalent disorder in the clinical setting

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 conflict of interest

Olurotimi Adekolu, MD – No conflict of interest

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