



Yale Sleep Medicine Seminar

YaleCME
CONTINUING MEDICAL EDUCATION

Presented by

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

Night Work and Disease; Role of Circadian Misalignment



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Wednesday, October 28, 2020 @ 2pm EDT

Moderator: Lauren Tobias, MD

REMOTE ATTENDANCE ONLY – NO LOCAL AUDIENCE

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 from 1:45pm-3:15pm on September 9, 2020

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 prevalence of diabetes and obesity in the US has doubled over the last two decades. This increase is paralleled by the increase in modern lifestyle factors that disrupt the circadian system, including shift work, jet lag, late night eating and light at night, changes that have been associated with cardiometabolic disease. There is thus an urgent need for the understanding of circadian disruption and how we can leverage this understanding for the development of novel evidence-based lifestyle modifications and therapies.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. After this presentation, the audience will be able to discuss the difference between diurnal rhythms and endogenous circadian rhythms, and the different types of circadian misalignment.
2. After this presentation, the audience will be able to list examples of how the endogenous circadian system and

circadian misalignment influence glucose control, energy expenditure, energy intake, inflammatory factors, and blood pressure.

3. After this presentation, the audience will be able to explain the relevance of meal timing and melatonin for body weight regulation and glucose control, respectively.

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
Frank AJL Scheer, PhD – No conflict of interest

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