



Yale Sleep Medicine Seminar

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Presented by

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

Joint Yale-Harvard Sleep Conference: **The Cost of Insufficient Sleep**



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Wednesday, December 9, 2020 @ 2pm EST

Moderator: Andrey Zinchuk, 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 November 18, 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 consequences of sleep deficiency are many and have impacts on next day/short term functioning as well as having a longer-term chronic health impact. The influence of sleep loss and sleep deficiency are studied under controlled conditions, in order to deconstruct the contributing factors involved in the way sleep supports health. Studies that manipulate timing and duration of sleep opportunity are used to investigate the involvement of sleep in regulation of mood, performance and physiological systems. Investigation of the effects of experimental sleep loss and the restoration of function with recovery sleep leads to improved understanding of the mechanisms by which sleep supports health. This session will present evidence of the effects of sleep deficiency and describe some of the behavioral strategies to intervene to improve health indices.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Develop an appreciation for the breadth of impact of sleep deficiency on physiology and behavior.
2. Learn about findings of controlled studies on the effects of sleep curtailment and disruption in humans.
3. Examine some behavioral approaches to improve sleep and present opportunities for the field.

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
Janet Mullington, PhD – No conflict of interest
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