



Continuing Medical Education
Yale CME

Yale Sleep Medicine Seminar

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

Integrating Behavioral Therapies and Hypnotic Medications in Insomnia Management

01/05/2022 2:00 PM – 3:00 PM EST | Online

Evidence-based behavioral treatments of insomnia are often underutilized as a primary treatment strategy and to reduce reliance on hypnotic medications.



Suzanne M. Bertisch, MD, MPH

Assistant Professor of Medicine, Sleep Medicine
Harvard Medical School
Associate Physician and Clinical Director of Behavioral Sleep Medicine
Brigham and Women's Hospital

Host: Janet Hilbert, MD

Program Goal:

1. Summarize guidelines supporting use and timing of behavioral and pharmacologic treatments of insomnia
2. Develop and implement evidence-based treatment plans for chronic insomnia disorder
3. Integrate current data supporting deprescribing hypnotics

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.
Debbie Lovejoy, coordinator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.
Suzanne M. Bertisch, MD, MPH faculty for this educational activity, received Consulting Fee for Consulting for Idorisia.
All of the relevant financial relationships listed for this individual have been mitigated.

Accreditation Statement: Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Designation Statement: Yale School of Medicine designates this Live Activity for a maximum of **1.00 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

For questions, email deborah.lovejoy@yale.edu

For information to register, email yalesleep.medicineseminar@yale.edu