Sleep Deficiency in the ICU: Beyond the Brain

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Critically ill patients are at risk for poor ICU outcomes due to the multiorgan consequences of sleep deficiency. Sleep deficiency includes sleep of abnormal duration, quality, and timing. Sleep deficiency in the ICU is due to disruption of normal sleep and circadian processes as well as misalignment of behaviors and the biologic clock. Sleep deficiency is associated with cognitive deficits in non-critically ill populations and sleep promotion has reduced ICU delirium in limited studies. However, the impact of sleep deficiency on metabolic, cardiovascular, respiratory, immune, and skeletal muscle function remains understudied in the ICU. This seminar will educate clinical and research-oriented learners regarding this critical clinical and investigative gap.

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Host: Janet Hilbert, MD

Program Goal:
1. Define the key domains of sleep deficiency as they pertain to critically ill patients.
2. Understand the implications of sleep deficiency in critically ill patients for metabolic, cardiovascular, respiratory, immune, and skeletal muscle function.
3. Identify potential strategies to improve alignment of sleep, biologic night, and behaviors such as eating to mitigate end-organ dysfunction in critically ill patients with sleep deficiency.

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.
Melissa Knauert, MD, PhD, faculty for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.

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