



## 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

# Racial Disparities in Sleep Health: Epidemiology, Potential Mechanisms, and Implications



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**Wednesday, September 16, 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](tel:203-442-9435) from [1:45pm-3:15pm](tel:203-442-9435) on [September 9, 2020](tel:203-442-9435)

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

This talk will address patterns of disparities in sleep health and the implications for broader health and wellbeing disparities.

### LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. The attendee will learn about the social patterning of sleep health by race/ethnicity among both adults and children
2. The attendee will learn about possible mechanisms for these disparities
3. The attendee will consider the implications for health, well-being, and policy

### DESIGNATION STATEMENT

The Yale School of Medicine designates this live activity for 1 AMA PRA Category 1 Credit(s)<sup>TM</sup>. 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  
Lauren Hale, PhD – National Sleep Foundation; Willis Towers Watson

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