



State SLEEP Conference

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CONTINUING MEDICAL EDUCATION

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

Seeing the Light: Perinatal Circadian Rhythms and Postpartum Depression



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Wednesday, January 22, 2020 @ 2-3 pm

The Anlyan Center, TAC S-447

Moderator: Lauren Tobias, MD

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

Insufficient, irregular, and disrupted sleep is ubiquitous among expectant and new mothers. A rich literature has demonstrated that sleep disturbances often precede the onset of mood disorders. Postpartum depression is the most common complication of childbirth and results in worse outcomes for mothers and their infants. Circadian and sleep disturbances are often overlooked as factors that could contribute to perinatal depression and/or that could be intervened upon to treat and prevent this common, debilitating syndrome. Sleep medicine scientists and practitioners should be aware of how circadian and sleep interventions may be useful to women experiencing perinatal mood disorders.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Discuss changes in circadian rhythms and sleep encountered by perinatal women
2. Explain how circadian and sleep alterations may contribute to postpartum depression.
3. Describe how bright light exposure has been used to treat perinatal sleep disturbances in pregnant and postpartum women.

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 conflicts of interest
Katherine Sharkey, MD, PhD – UpToDate, Harmony Biosciences
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