



## State CHEST Conference

**YaleCME**  
CONTINUING MEDICAL EDUCATION

Presented by

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

# Aging and Sleep Bidirectional Implications for Health



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**Wednesday, November 20, 2019 @ 3-4 pm**

Fitkin Amphitheatre

**Moderator: Melissa Knauert, 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

Sleep and circadian disturbances are common among older adults, and significantly impair their quality of life, as well as represent risk factors for the development of common age-related disorders, such as cardiometabolic and neurodegenerative disorders. Understanding how aging affects the regulation of sleep and circadian rhythms, and how in turn sleep and circadian disturbances impact poor health are important for clinicians who treat adults of all ages. Improving sleep and circadian rhythm alignment and robustness are modifiable risk factors for successful aging.

### LEARNING OBJECTIVES

At the conclusion of this activity, participants will:

1. Review the age-related changes in sleep and circadian rhythms. Provide an update on how to improve sleep and circadian function in older adults.
2. Discuss the bidirectional relationship between sleep- circadian disturbances with brain and cardiometabolic disorders.
3. Provide an update on how to improve sleep and circadian function in older adults.

### DESIGNATION STATEMENT

The Yale School of Medicine designates this live activity for I *AMA PRA Category 1 Credit(s)*™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

### FACULTY DISCLOSURES

Richard Matthey, MD, Course Director – No conflicts of interest  
Phyllis Zee, MD – Merck, Sanofi-Medley, Jazz, Pear, Phillips, Eisai, Apnimed, Teva, Medscape

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