When Does Sleep Become the Enemy?

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Wednesday, February 3, 2021 @ 2pm EST
Moderator: Lauren Tobias, MD

REMOTE ATTENDANCE ONLY – NO LOCAL AUDIENCE
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/93569756530
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CME credit for live event only.
To record your attendance, text the ID# provided at the session to 203-442-9435 from 1:45pm-3:15pm day of session.
There is no corporate support for this activity.

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
There is limited knowledge of the pathophysiology of insomnia with a significant proportion of the literature focused on the identification and management of chronic insomnia. This precludes both an understanding of its etiology with a view to prevention. This course aims to outline the latest research in terms of identifying, diagnosing and managing acute insomnia. Moreover, the course will examine how the treatment of acute insomnia can also impacts on the development of a first-ever episode of depression.

LEARNING OBJECTIVES
At the conclusion of this talk, participants will learn
1. To understand the pathophysiology of insomnia
2. To be able to discuss the prevalence and incidence of acute insomnia
3. To determine the potential treatment pathways in the prevention of chronic insomnia
4. To understand the role of CBT-I in treating acute insomnia

DESIGNATION STATEMENT
The Yale School of Medicine designates this live activity for 1 AMA PRA Category 1 Credit(s)™. 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
Jason Ellis, PhD – Sleep Research and Consulting Limited, Puresstential, Bentham Press, Grayrock

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