



## 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

# When Does Sleep Become the Enemy?



**Jason Ellis, PhD**

Professor of Psychology  
Director of the Northumbria Centre for Sleep Research  
Northumbria University

**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>

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 from 1:45pm-3:15pm day of session.

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

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 impact 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)<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  
Jason Ellis, PhD – Sleep Research and Consulting Limited, Puresstential, Bentham Press, Grayrock

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