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Yale CME

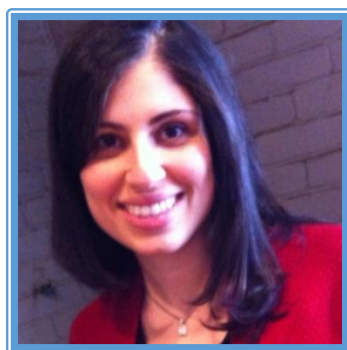
## Yale Sleep Medicine Seminar

Presented by: Department of Internal Medicine, Section of Pulmonary, Critical Care & Sleep Medicine

# Insomnia and Cardiovascular Disease

2/9/2022 2:00 PM – 3:00 PM EST | Online

Insomnia is the most prevalent sleep disorder worldwide and has a wide public health impact. Both insomnia symptoms and insomnia disorders are increasingly recognized as potential risk factors for CVD, including hypertension, heart failure, coronary heart disease, subclinical CVD, and CVD mortality. The relationship between insomnia and CVD morbidity and mortality is often overshadowed by other sleep disorders like obstructive sleep apnea. This talk will bridge this gap and highlight potential pathophysiologic mechanisms underlying the relationship between insomnia and CVD and subtypes of insomnia that may increase risk of CVD such as insomnia coupled with objectively measured short sleep.



### Sogol Javaheri MD, MPH, MA

Assistant Professor of Medicine  
Harvard Medical School  
Associate Physician, Division of Sleep and Circadian  
Rhythm Disorders  
Brigham and Women's Hospital

Host: Janet Hilbert, MD

#### Program Goal:

1. Review putative pathophysiologic mechanisms linking insomnia and cardiovascular disease morbidity and mortality
2. Review epidemiologic data linking insomnia and cardiovascular disease
3. Recognize potential insomnia subtypes that may be associated with cardiovascular disease risk
4. Review clinical trial data evaluating insomnia treatment among patients with comorbid cardiovascular disease

Target Audience: Sleep Medicine

#### Financial Disclosure Information:

Janet Hilbert, MD, course director for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose. Debbie Lovejoy, coordinator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose. Sogol Javaheri MD, faculty for this educational activity, has received a grant or research support-Itamar Medical (Zoll)| Consulting Fee-Jazz Pharmaceuticals. All of the relevant financial relationships listed for this individual have been mitigated.

Accreditation Statement: Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Designation Statement: Yale School of Medicine designates this Live Activity for a maximum of **1.00 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

For questions, email: [deborah.lovejoy@yale.edu](mailto:deborah.lovejoy@yale.edu)

For information to register, email: [yalesleep.medicineseminar@yale.edu](mailto:yalesleep.medicineseminar@yale.edu)