Topics Related to the Medical Management of Insomnia

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Wednesday, February 19, 2020 @ 2-3 pm
The Anlyan Center, TAC S-447

Moderator: Lauren Tobias, MD

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
The lecture provides innovative ways of thinking about how to approach the medical management of insomnia with respect class of meds, Tx regimen, Rx signatura, and outcome measures.

LEARNING OBJECTIVES
At the conclusion of this talk, individuals will:
1. Know the common classes of medications used for the treatment of insomnia
2. Consider the relative efficacy of the various classes of medication
3. Consider how behavior varies with medication use
4. Critically consider how hypnotic efficacy varies as a function of the measure (PSG vs. Diary assessed sleep continuity)
5. Critically consider how placebo induced outcomes vary as a function of the measure

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 conflicts of interest
Michael L Perlis, PhD – No conflicts of interest

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