Sustained Effects of Cognitive Behavioral Therapy for Insomnia in Chronic Heart Failure

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There is a need to improve understanding of the role of insomnia and insomnia treatment in people with heart failure, of whom about 50% have insomnia that often goes untreated. Insomnia may contribute to exacerbation of heart failure, daytime symptoms, and poor functional performance, as well as increased health care resource utilization.

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Program Goal:
1. Identify the prevalence of insomnia and its contributions to symptoms and function among people with chronic heart failure
2. Explain the effects of cognitive behavioral therapy for insomnia on symptoms and functional performance among people with heart failure
3. Discuss strategies to support increased access to CBT-I for people with heart failure

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.
Andrey Zinchuk, MD, faculty for this educational event, has ownership Interest and consults for Restful Robotics.
All of the relevant financial relationships listed for this individual have been mitigated.
Nancy Redeker, RN, MSN, PhD, coordinator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.

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