



Continuing Medical Education
Yale CME

Yale Sleep Medicine Seminar

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

Joint Yale-Harvard-Tufts Sleep Conference

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

12/8/2021 2:00 PM – 3:00 PM EST | Online

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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Host: Andrey Zinchuk, MD

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.

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

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For questions, email deborah.lovejoy@yale.edu

For information to register, email yalesleep.medicineseminar@yale.edu