

Behavioral Sleep Medicine Seminar Series 2023-2024

CME provided by the University of Arizona College of Medicine – Tucson

#BSMinar



“Cardiometabolic Consequences of Chronic Short Sleep and a Potential Mechanism”

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As a result of this presentation, participants will:

1. Understand the impact of prolonged exposure to mildly insufficient sleep on cardiovascular and metabolic outcomes.
2. Identify biological pathways that may underlie adverse cardiometabolic effects of chronic suboptimal sleep.
3. Extrapolate findings from sleep restriction trials to consider how strategies to improve sleep could be used to promote cardiometabolic health.

Thursday May 23rd, 2024, at 9 AM MST & PT / 12PM EST

Live webinar via Zoom <https://arizona.zoom.us/j/86845686122>

Meeting ID:

868 4568 6122

For digital attendance, text code to (866) 327-3062 or submit online by logging in your account (cams.cme.arizona.edu).

All Faculty, CME Planning Committee Members, and the CME Office Reviewers have disclosed that they have no financial relationships with commercial interests that would constitute a conflict of interest concerning this CME activity.

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For more information or to join the mailing list:

<https://seminar.sleephealthresearch.com>

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