

Behavioral Sleep Medicine Seminar Series - 2023-2024

Counting Sheep versus Catching Waves: A Brief Introduction to Acceptance and Commitment Therapy (ACT) for Insomnia

May 30, 2024 – 9:00 AM
Online

Overall Activity Objectives:

- 1 Understand the fundamental principles of Acceptance and Commitment Therapy (ACT) and its application to insomnia.
- 2 Explore the concept of values-based living and its relevance in promoting healthy sleep habits.
- 3 Gain insight into the effectiveness of ACT for improving insomnia symptoms and overall well-being.

Accreditation Statement:

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

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Relevant Financial Relationships Statement(s):

University of Arizona Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Suzanne Gorovoy, PhD	Faculty	Nothing to disclose - 02/19/2024
Daniel Taylor	Planning Committee Member	Nothing to disclose - 02/07/2024
Michelle Perfect	Planning Committee Member	Nothing to disclose - 02/07/2024
Denise Rodriguez Esquivel, PhD	Planning Committee Member	
Salma Patel, MD	Planning Committee Member	Nothing to disclose - 02/07/2024
Michael Grandner, PhD	Activity Director	Consulting Fee-Idorsia Consulting Fee-Eisai (Relationship has ended) Advisor-Natrol Advisor-Fitbit Advisor-Pharmavite Consulting Fee-Smartypants Vitamins Advisor-Sleep Reset - 02/22/2024



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