

Behavioral Sleep Medicine Seminar Series 2024-2025

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

Essential Topics in Sleep & Aging



“Sleep, Rest/Activity Rhythms, and Aging-Related Health Outcomes”

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As a result of this presentation, participants will:

1. Describe how sleep health characteristics differ across ages.
2. Describe how associations between sleep and aging differ between men and women.
3. Describe associations between poor sleep health and cardiovascular health and cognitive function.

Thursday September 12th, 2024, at 9 AM MST & PT / 12PM EST

Live webinar via Zoom <https://arizona.zoom.us/j/87524408142>

Meeting ID 875 2440 8142

For digital attendance, text code to (866) 327-3062 or submit online by logging in your account (uarizona.cloud-cme.com).

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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