

# Behavioral Sleep Medicine Seminar Series

## 2024

### Population-based Studies of Sleep and Aging and Implications for Health

September 12, 2024 – 9:00 AM  
Online

#### Overall Activity Objectives:

- 1 Identify and diagnose sleep disturbances and disorders by applying knowledge of etiology, physiology and behaviors underlying sleep and sleep disorders.
- 2 Communicate to patients how sleep problems relate to other domains of health and functioning.
- 3 Apply behavioral principles for treating sleep disorders.
- 4 Incorporate guideline-based treatments for sleep disorders.
- 5 Apply evidence-based strategies for treating sleep problems using nonpharmacologic methods.
- 6 Manage the treatment of sleep disorders using evidence-based strategies.

#### Session Objectives:

- 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.

#### 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)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of 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). The CME office reviewers have nothing to disclose. 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)
Daniel J Taylor, PhD, Licensed Psychologist	Planning Committee Member	Nothing to disclose - 06/29/2024
Michelle Perfect	Planning Committee Member	Nothing to disclose - 02/07/2024
Denise Rodriguez Esquivel, PhD	Planning Committee Member	Nothing to disclose - 06/03/2024
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 - 05/30/2024
Kristen Knutsen, PhD	Faculty	Nothing to disclose - 08/24/2024



THE UNIVERSITY OF ARIZONA

College of Medicine

Tucson