

# Behavioral Sleep Medicine Seminar Series 2024 - 2025

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

# #BSMinar



## “Understanding Insomnia: Basic Concepts and Clinical Implications”

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As a result of this presentation, participants will:

1. Review the conceptualization of Insomnia Disorder, diagnostic criteria, and diagnostic considerations.
2. Understand some of the basic models of the etiology and development of insomnia.
3. Describe the different types of treatment approaches for insomnia.

Thursday January 30<sup>th</sup>, 2025, at 9 AM MST / 8AM PT / 11 AM EST

Live webinar via Zoom <https://arizona.zoom.us/j/89882948712> | Meeting ID 898 8294 8712

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

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