

Behavioral Sleep Medicine Seminar Series 2025 - 2026

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

#BSMinar



“REM, The Final Frontier: Mechanisms Supporting Sleep-Dependent Cognition”

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As a result of this presentation, participants will:

1. Understand REM oscillatory burst events.
2. Understand how NREM and REM oscillatory events play complementary roles in memory.
3. Understand the REM Refine and Rescue (RnR) Hypothesis.

Thursday October 30th, 2025, at 9 AM MST & PT | 12 PM EST

Live webinar via Zoom <https://arizona.zoom.us/j/81847372949> | Meeting ID 818 4737 2949

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

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