

Behavioral Sleep Medicine Seminar Series 2025 - 2026

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



#BSMinar



“Insomnia after Stroke: Current Research and Future Directions”

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As a result of this presentation, participants will:

1. Understand the prevalence of insomnia following stroke, including the influence of comorbid disorders and conditions.
2. Understand the impact of unmanaged insomnia on recovery, rehabilitation, and quality of life in people with stroke.
3. Be aware of, and able to critically evaluate, evidence from current non-pharmacological interventions for insomnia in people with stroke.
4. Evaluate future research directions grounded in co-production and inclusivity to inform the development of interventions.

Thursday January 29, 2026, at 9 AM MST | 8 AM PT | 11 AM EST

Live webinar via Zoom <https://arizona.zoom.us/j/87209160695> | Meeting ID 872 0916 0695

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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