

# 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”

**Maria Gardani, PhD, CPsychol**

Senior Lecturer

Clinical and Health Psychology

Deputy Director for Research - Research Ethics and Research Integrity

School of Health in Social Science | *University of Edinburgh*

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](https://uarizona.cloud-cme.com)).

### 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)™. 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.

<b>Name of individual</b>	<b>Individual's role in activity</b>	<b>Nature of Relationship(s) / Name of Ineligible Company(s)</b>
Daniel J Taylor, PhD	Planning Committee Member	Nothing to disclose – 10/17/2025
Michelle Perfect, PhD	Planning Committee Member	Nothing to disclose - 10/30/2025
Rina S Fox, PhD	Planning Committee Member	Nothing to disclose – 10/26/2025
Cristina P García, PhD, DBSM	Planning Committee Member	Nothing to disclose - 10/14/2025
Salma Patel, MD	Planning Committee Member	Nothing to disclose – 10/17/2025
Lauren Hartstein, PhD	Planning Committee Member	Nothing to disclose – 10/17/2025
Michael Grandner, PhD	Activity Director, Faculty	Consulting Fee-Idorsia   Consulting Fee-Eisai (Relationship has ended)   Advisor-Natrol   Advisor-Fitbit   Advisor-Pharmavite   Consulting Fee-Smartypants Vitamins   Advisor-WNDR HLTH   Consulting Fee-Jazz Pharmaceuticals   Consulting Fee-Celesta – 10/28/2025
Maria Gardani, PhD	Faculty	Nothing to disclose - 01/21/2026