

Behavioral Sleep Medicine Seminar Series

2026

Awake While Dreaming: What About Insomnia?

March 5, 2026 – 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 Understand how REM sleep and insomnia are linked.
- 2 Be able to differentiate different types of lucidity.
- 3 Recognize that lucid dreaming can be helpful to alleviate insomnia symptoms.

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.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Celyne Bastien, PhD	Faculty	Consulting Fee-Eisai, Inc. (Relationship has ended) Consulting Fee-Jazz Pharmaceuticals, Inc. (Relationship has ended) Consulting Fee-Idorsia (Relationship has ended) - 02/10/2026
Rina S Fox, PhD	Planning Committee Member	Nothing to disclose - 10/26/2025
Cristina P Garcia, PhD, DBSM	Planning Committee Member	Nothing to disclose - 10/14/2025
Michael Grandner, PhD	Activity Director	Consulting Fee-Idorsia (Relationship

		has ended) Consulting Fee-Eisai (Relationship has ended) Advisor-Natrol Advisor-Fitbit Advisor-Pharmavite (Relationship has ended) Consulting Fee-Smartypants Vitamins Advisor-WNDR HLTH Consulting Fee-Jazz Pharmaceuticals (Relationship has ended) Consulting Fee-Celesta (Relationship has ended) - 10/28/2025
Lauren Hartstein, PhD	Planning Committee Member	Nothing to disclose - 10/17/2025
Salma Patel, MD	Planning Committee Member	Nothing to disclose - 10/17/2025
Michelle Perfect, PhD	Planning Committee Member	Nothing to disclose - 10/30/2025
Daniel J Taylor, PhD	Planning Committee Member	Nothing to disclose - 10/17/2025



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