

Behavioral Sleep Medicine Seminar Series

2026

The Social Ecological Model of Sleep Health (SEMoS) as an Approach to the Study of Religiosity, Sleep, and Health in the Druze Community: A Research Pathway from Systematic Review to Structural Modeling

October 15, 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 Describe the Social Ecological Model of Sleep Health (SEMoS) and its application to understanding sleep and obesity.
- 2 Summarize the evidence on the relationship between religiosity and sleep based on a systematic review of the literature.
- 3 Examine the relationships between religiosity, mental health, and sleep, and explore how these relationships extend to lifestyle behaviors and obesity through structural equation modeling in the Druze community.

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):

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Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
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Najwa Basis, PhD	Faculty	Nothing to disclose - 09/23/2026
Rina S Fox, PhD	Planning Committee Member	Grant or research support-Precision Analytical, LLC (Relationship has ended) - 09/03/2026
Cristina P Garcia, PhD, DBSM	Planning Committee Member	Nothing to disclose - 09/07/2026
Michael Grandner, PhD	Activity Director	Consulting Fee-Eisai Advisor-Natrol Advisor-Google Consulting Fee-Smartypants Vitamins Advisor-WNDR HLTH Consulting Fee-Jazz Pharmaceuticals (Relationship has ended) - 08/24/2026
Lauren Hartstein, PhD	Planning Committee Member	Nothing to disclose - 03/04/2026
Salma Patel, MD	Planning Committee Member	Nothing to disclose - 07/08/2026
Michelle Perfect, PhD	Planning Committee Member	Nothing to disclose - 10/30/2025
Daniel J Taylor, PhD	Planning Committee Member	Nothing to disclose - 10/01/2026



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