

# Behavioral Sleep Medicine Seminar Series

## 2026

### Precision Approaches to COMISA

October 22, 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 theory and the promise of OSA endotypes
- 2 Understand emerging research on how OSA endotypes manifest in COMISA
- 3 Describe how endotypes might inform treatment approaches to COMISA

#### 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)*<sup>™</sup>. 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)                                 |
|------------------------------|-------------------------------|-------------------------------------------------------------------------------------------|
| 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-                        |

|                       |                           |                                                                                                                            |
|-----------------------|---------------------------|----------------------------------------------------------------------------------------------------------------------------|
|                       |                           | Smarty pants Vitamins Advisor-WNDR<br>HLTH Consulting Fee-Jazz<br>Pharmaceuticals (Relationship has<br>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 - 10/05/2026                                                                                           |
| Daniel J Taylor, PhD  | Planning Committee Member | Nothing to disclose - 10/01/2026                                                                                           |
| Thomas M Tolbert, MD  | Faculty                   | Nothing to disclose - 09/22/2026                                                                                           |



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