

## **LEARNING OBJECTIVES**

**6-17-21**

**PERFORMANCE GAP/ ACTIVITY NEED:** Attendees from past CME activities have expressed a need for more specific information on the management of insomnia, particularly as a consequence of the COVID-19 pandemic.

**DESIRED OUTCOMES:** At the end of the activity, attendees will be able to:

- describe the brain's glymphatic system and the function of sleep.
- recognize the relationship between sleep disorders and medical/psychiatric conditions.
- define various forms of insomnia, its epidemiology, incidence, and pathophysiology.
- implement treatment goals for and appropriately manage insomnia.

**LEARNERS:** all clinicians—especially targeted to neurologists, cardiologists, internists, OBGYN, general/family practitioners

**DESIRABLE PHYSICIAN ATTRIBUTE:** provide patient-centered care, employ evidence-based practice