



WELLNESS GRAND ROUNDS

Sleep: A Key Pillar of Health and Wellness

Wednesday, February 12, 2020

Speaker:

Michelle Drerup, Psy.D

Location:

Lerner, NA5-08

Time:

12:00pm-1:00pm

Objectives:

1. Summarize the two process model of sleep regulation and physiological mechanisms involved in sleep and waking
2. Review the prevalence rates and relevant health and wellness impact of various sleep disorders
3. Identify strategies the Behavioral Sleep Medicine team is implementing to increase access for the treatment of chronic insomnia in the primary care setting

This activity has been approved for *AMA PRA Category 1 Credit™*

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All Caregivers are welcome to attend this presentation