

# Mayo Clinic Talks Pod Sleep Medicine Edition Online CME Course

## Activity Description

The podcast episodes in Mayo Clinic Talks: Sleep Medicine Edition contain podcast interviews about Sleep Medicine and specifically the presentation diagnosis and management of a range of common sleep disorders. Episode topics include: The Sleepy Patient; Alternate Approaches to Obstructive Sleep Apnea; Sleep Disordered Breathing and Vascular Disease; Medications for Insomnia; Behavioral Techniques for Insomnia; Treatments for Restless Legs Syndrome; and Violent dreams, Sleep Walking and Other Strange Nighttime Events.

## Target Audience

This activity is appropriate for physicians, nurse practitioners, physician assistants, residents, fellows, students and allied health professionals.

## Learning Objectives

Upon conclusion of this activity, participants should be able to:

- Identify novel approaches to treating obstructive sleep apnea, their indications and effectiveness.
- Describe the relationship between sleep apnea and vascular disease
- Describe simple and effective behavioral techniques for the treatment of chronic insomnia
- Discuss appropriate first-line management for patients with restless legs syndrome
- Recognize novel pharmacologic therapies for insomnia and daytime sleepiness
- Differentiate between different causes and management of active and violent behaviors at night in patients of different ages

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

## Credit Statement(s)

### AMA

The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 2.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Other Healthcare Professionals

A certificate of attendance will be provided to other healthcare professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

## Disclosure Summary

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

## Faculty, Planning Committee and Provider Disclosure Summary

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

**Listed below are individuals with control of the content of this program who have disclosed...**

**Relevant financial relationship(s) with ineligible companies:**

Darryl S. Chutka, M.D. - Stock/Shareholder: Exact Sciences Corp
Timothy I. Morgenthater, M.D. - Intellectual Property: Digital Oral aPPLiance pRedictor (DOPPLER), Know-How with AR Medical Technology, Inc. Consulting Activities: Withings SA

All relevant financial relationships listed for these individuals have been mitigated.

**No relevant financial relationship(s) with ineligible companies:**

Bhanuprakash (Bhanu) Kolla, M.D.
Robin M. Lloyd, M.D.
Michael H. Silber, M.B., Ch.B.
Eric J. Olson, M.D.

References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation and/or content:

Bhanuprakash (Bhanu) Kolla, M.D. - Generic prescription: Trazodone
Michael H. Silber, M.B., Ch.B. - Multiple: Melatonin
Michael H. Silber, M.B., Ch.B. - Multiple: Gabapentin, Pregabalin and opioids for the treatment of restless legs syndrome

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

## Disclaimer

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

## Prerequisites for Participation

There are no prerequisites needed prior to participating in this education activity.

## Method of Participation

Participation in this activity consists of listening to the podcast episodes, completing multiple choice questions with an 80% pass rate, and evaluation.

## How to Obtain Credit

To obtain credit, complete the assessment, evaluation and submit.

## Release and Expiration Dates

Release Date: 4/18/2023  
Expiration Date: 4/18/2026

## Acknowledgement of Commercial Support

No commercial support was received in the production of this activity.

## Faculty and Course Director Listing and Credentials

Course Director(s)

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## Bibliographic Resources

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