



Einstein Jefferson Psychiatry Grand Rounds Series (July 2024-June 2025)

You Snooze, You Win: How High Quality Sleep Contributes to a High Quality Life

This weekly one hour presentation occurs from September to June. The content covers a wide spectrum of topics designed to support the practicing psychiatrist and mental health worker. Topics include pharmacology, anatomy and physiology, communication, psychotherapy, and systems issues, and emphasize skills in working with diverse populations.

Objectives

- 1 Explain sleep physiology and illustrate the importance of sleep •Define sleep disorders and how drugs of abuse may interfere with sleep •Discuss how to appropriately screen for and treat sleep disorders and how to educate patients on sleep hygiene
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- 3 Discuss how to appropriately screen for and treat sleep disorders and how to educate patients on sleep hygiene



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In support of improving patient care, Thomas Jefferson University 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.

Physicians: This educational activity is designated 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.

Psychologists: The activity awards 1.00 credit(s).





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June 6, 2025 at 12:00 PM
Online

For more information,
call (215) 955-6992 or toll free at 1-877-JEFF-CPD

