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# 14th Annual Utah Sleep Society Conference

# February 23, 2024

# 7:00 AM

# Intermountain Medical Center

## *There is no charge for this educational activity*

## Target Audience

## This program has been designed for the following professions and practice areas: Physician, Advanced Practice Provider, Dentist, Medical Assistant, Nurse Practitioner, Other Medical Personnel, Respiratory Therapist, Sleep Technician, Physician Assistant, EEG TechnicianSleep Medicine

## Session Educational Objectives

## After completing this educational activity, participants should be able to:

## 1 Describe the psychological and physiological consequences of insomnia

## 2 Increased awareness of spectral analysis and the use of processed EEG

## 3 Recognize the relationship between insomnia and cardiovascular events

## 4 Discuss how sexsomnia has been used in court cases

## 5 Describe treatment options for RLS

## 6 Recognize the difference in approach to pediatric versus adult sleep patients.

## 7 Clarify how to use motivational enhancement therapy to improve cpap adherance

## Accreditation

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## AMA Credit

Intermountain Healthcare designates this live activity for a maximum of 7.75 *AMA PRA Category 1 Credit(s).™* Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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## Acknowledgement of Commercial Support\*

No commercial support is being received for this event

**Check your transcript online at https://intermountain.cloud-cme.com**

## Disclosure of Relevant Financial Relationships and Unapproved Uses of Products

It is policy at Intermountain Healthcare’s Interprofessional Continuing Education Department for individuals who are in a position to control the content of an educational activity to disclose to the learners all relevant financial relationships that they have with any commercial interest that provide products or services that may be relevant to the content of this continuing education activity. For this purpose, we consider relationships of the person involved to include financial relationships of a spouse or partner.

The intent of this policy is to ensure that Intermountain Healthcare certified activities promote quality and safety, are effective in improving medical practice, are based on valid content, and are independent of control from commercial interests and free of commercial bias. In addition, all faculty were instructed to provide balanced, scientifically rigorous and evidence-based presentations.

The staff in the Interprofessional Continuing Education Department (IPCE) have disclosed that they have no relevant financial relationships with any commercial interests related to the content of this educational activity. Neither the speaker(s), planner(s) nor anyone in control of content for today's accredited RSS have any relevant financial relationship(s).

The Accreditation Council for Continuing Medical Education (ACCME) standards and guidelines require that individuals participating in CE activities are aware of commercial interests that could potentially affect the education presented. Intermountain Healthcare adheres to the ACCME Standards regarding industry support of continuing education and disclosure of faculty and commercial sponsor relationships (if any) will be made known below.

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| --- | --- | --- |
| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| Ronna Schrenk, MPAS, PA-C, RRT, NPS | Other Planning Committee Member | Nothing to disclose - 10/09/2023 |
| Nikkie Benson, BS | Activity Coordinator | Nothing to disclose - 10/19/2023 |
| Lori Neeleman, PhD, DBSM | Faculty | Nothing to disclose - 11/18/2023 |
| Kevin A. Walker, MD | Other Planning Committee Member | Nothing to disclose - 10/19/2023 |
| A. Reauelle King, MD | Course Director, Faculty | Nothing to disclose - 07/09/2023 |
| Scott Schauss, MPAS, PA-C | Faculty, Other Planning Committee Member | Nothing to disclose - 12/28/2023 |
| Emma L Booth, \*None, RPSGT | Faculty | Nothing to disclose - 10/28/2023 |
| Kristi Reardon, \*None | Other Planning Committee Member | Nothing to disclose - 10/26/2023 |
| Joshua Bollschweiler, RPSGT, CCSH | Other Planning Committee Member | Nothing to disclose - 10/23/2023 |
| Sandi G Lemmon, BS, R EEG T, RPSGT | Faculty | Nothing to disclose - 10/20/2023 |
| Peter Edmonds, MD | Faculty | Nothing to disclose - 10/27/2023 |
| Ryan Graham, MD | Faculty | Nothing to disclose - 10/24/2023 |
| William H. Thompson, MD | Faculty | Nothing to disclose - 11/18/2023 |
| Susan Hoefs, \*None, CCSH, RPSGT | Faculty | Nothing to disclose - 12/04/2023 |
| Somya Mishra, MD, MPH | Faculty | Nothing to disclose - 02/22/2024 |
| Paula Carvalho, MD | Faculty | Nothing to disclose - 02/14/2024 |

All relevant financial relationships have been mitigated. For information on this process, please contact the IPCE department at 801.507.8470 or email IPCE@imail.org.

Relevant financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received or expected.