

## **Insomnia 101: Dreaming of a Good Night's Sleep**

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### **FACULTY**

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### ***ACCREDITATION STATEMENTS***

#### **PHARMACY**

Postgraduate Healthcare Education, LLC is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

**UAN:** 0430-0000-19-005-L01-P and 0430-0000-19-005-L01-T

**Credits:** 1.0 hour (0.10 ceu)

**Published:** January 23, 2019

**Expires:** January 31, 2021

**Type of Activity:** Knowledge

**Media:** Internet

**Fee Information:** Fee is included in the pharmacist and pharmacy technician library package.

**Estimated time to complete activity:** 60 minutes

### **TARGET AUDIENCE**

This accredited activity has been designed for pharmacists and pharmacy technicians.

### **HOW TO EARN CREDIT**

During the period January 23, 2019, participants must 1) read the learning objectives and faculty disclosures; 2) attend and participate in the live educational activity; and 3) **complete the evaluation form directly after the event with a maximum of within 60 days of attending the webinar.** To answer the questions, click on your selected choice for each answer then proceed to the next question. Once completed, click on the Grade Exam button at the bottom of the page. Your credit will automatically uploaded to CPE Monitor.

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### **GOAL**

To review the epidemiology, pathogenesis and adverse consequences of chronic insomnia and review interventions including non-pharmacological and pharmacological used for insomnia,

### **EDUCATIONAL OBJECTIVES**

#### **Pharmacists**

At the completion of this activity, the participant will be able to:

1. Discuss the epidemiology, pathogenesis and adverse consequences associated with chronic insomnia.
2. Name the secondary causes of insomnia, such as medical conditions and drugs associated with insomnia.
3. List ten principles of good sleep hygiene.
4. Discuss the advantages and disadvantages of over-the-counter sleep aids & dietary supplements used for insomnia.
5. Identify common FDA-approved prescription drugs for insomnia, along with their usual doses, interactions and side effects.

## Pharmacy Technicians

At the completion of this activity, the participant will be able to:

1. List five major adverse consequences associated with chronic insomnia.
2. Name the most common drugs that can cause insomnia.
3. List ten principles of good sleep hygiene.
4. Identify the adverse reactions of over-the-counter sleep aids.
5. List five FDA-approved prescription drugs for insomnia.

### REQUIRED COMPUTER HARDWARE/SOFTWARE

Please ensure the computer system you plan to use meets the following minimum requirements:

- **Operating System:** Windows 98 or higher & Macintosh 2.2 or higher
- **Internet Browser (Mac & Windows):** Internet Explorer 6.0 or higher, Google Chrome, Safari 5.0.6 or higher, Firefox 3.0.3 or higher, & Opera 5 or higher
- **Broadband Internet connection:** Cable, High-speed DSL & any other medium that is internet accessible
- **Peripherals:** Computer speakers or headphones
- **Monitor Screen Resolution:** 320 x 480 or higher
- **Media Viewing Requirements:** Adobe Reader, Microsoft PowerPoint, Flash Player & HTML5

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