Insomnia 101: Dreaming of a Good Night's Sleep

This activity is for pharmacists and pharmacy technicians is sponsored by Postgraduate Healthcare Education, LLC (PHE). There has been no commercial support for this activity.

FACULTY
Darrell Hulisz, RPh, PharmD
Associate Professor of Family Medicine
Case Western Reserve University, School of Medicine
University Hospitals Medical Group
Clinical Pharmacy Specialist
University Hospitals Medical Group

FINANCIAL DISCLOSURE

Darrell Hulisz, RPh, PharmD hereby states that he has no relevant affiliation or financial relationship or relationship to products or devices with a commercial interest related to the content of this activity to disclose.

The following reviewer, Laura K. Stinson, PharmD, states that she has no financial relationship or relationship to products or devices with a commercial interest related to the content of this activity to disclose.

Susanne Batesko, RN, BSN, and Robin Carrino, as well as the planners, managers, and other individuals, not previously disclosed, who are in a position to control the content of Postgraduate Healthcare Education (PHE) continuing education (CE) activities hereby state that they have no relevant conflicts of interest and no financial relationships or relationships to products or devices during the past 12 months to disclose in relation to this activity. PHE is committed to providing participants with a quality learning experience and to improve clinical outcomes without promoting the financial interests of a proprietary business.

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.

IMPORTANT: In order to claim credit you must have been in attendance through your computer on the gotowebinar.com platform or on the gotowebinar app and have watched and listened to the live webinar in its entirety, attending the full 60 minute activity. Participants that have listened only via telephone are not eligible to earn credit. Postgraduate Healthcare Education, LLC has the right to deny credit to individuals that have not attended and participated in this webinar in its entirety. Postgraduate Healthcare Education, LLC completes audits of attendees on a routine basis to ensure compliance with all ACPE standards.

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

Disclosure of Unlabeled Use and Disclaimer: The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of Postgraduate Healthcare Education, LLC. Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without an evaluation of their patients’ conditions and current medications, including the identification of possible contraindications regarding the dangers of use and a review of any applicable manufacturer’s product information, as well as a comparison with the recommendations of other authorities.

The author, sponsor, and publisher of this continuing education activity have made all reasonable efforts to ensure that all information contained herein is accurate in accordance with the latest available scientific knowledge at the time of acceptance for publication. However, because information regarding drugs (their administration, dosages, contraindications, adverse reactions, interactions, special warnings, precautions, etc.) is subject to constant change, the reader is advised to check the manufacturer’s package insert for information concerning recommended dosages and potential problems.
and cautions prior to dispensing or administering the drug. Special precautions should be
taken when a drug is new, or highly toxic, or is unfamiliar to the dispenser or
administrant. This educational activity may contain discussion of published and/or
investigational uses of agents that are not approved by the U.S. Food and Drug
Administration (FDA). Neither the publisher nor sponsor promotes the use of any agent
outside of approved labeling. Statements made in this monograph have not been
evaluated by the FDA. Nutritional products discussed are not intended for the diagnosis,
treatment, cure, or prevention of any disease.