

TOPIC:	SLEEP HYGIENE
SPEAKER:	ASHISH TRIVEDI MD
TITLE:	NEUROLOGY
AFFILIATION	NORTHWEST NEUROLOGY
TIME:	10 minutes

CME OBJECTIVES

State at least two things that participants should be able to do after they participate in this CME activity. Please note these objectives should be measurable, specific, actionable and timely.

Upon completion of this activity, attendees should be able to:

- 1 Define good sleep hygiene
- 2 Outline current recommendation regarding the sleep duration.

The ACCME does not want you to use the words - think, understand, know, appreciate, learn, comprehend, be aware of, be familiar with, etc. as they are not measurable.

You can use words such as Analyze, Categorize, Classify, Compare, Conclude, Construct, Critique, Define, Demonstrate, Describe, Discuss, Evaluate, Identify, List, Name, Outline, Show

MEASURING YOUR SUCCESS:

Will use pre-and post CME activity questionnaire to measure success.

Please provide 3 questions and answers that will be asked to the audience before and after your talk. The answer to these questions should be in your presentation. Please highlight the correct answer and limit your possible answers to a maximum of 4 with only one correct answer. The others can be partially correct or wrong

Question 1. . good sleep hygiene does not have a recommendation on

Answers

- 1 Food and exercise
- 2 Reading and music before the sleep
- 3 Frequent naps during the day

Feedback: Please provide a detail feedback (MOC) requirements for above questions in three groups

1. Food and exercise : Wrong Answer
2. Reading and music before the sleep : **Correct Answer**
3. Frequent naps during the day : Wrong Answer

Question 2: What are the Recommended sleep hours (any age)

Answers

- 1 6
- 2 8
- 3 12

Feedback: Please provide a detail feedback (MOC) requirements for above questions in three groups

1. 6: **is wrong answer:**
2. 8: **is Correct Answer:**
3. 12: **is wrong answer.**

Question 3: Sleep deprivation can have effect on

Answers

- 1 Mood
- 2 Metabolism
- 3 Learning
- 4 all above

Feedback: Please provide a detail feedback (MOC) requirements for above questions in three groups

- 1. Mood: is wrong answer
- 2. Metabolism: is wrong answer
- 3. Learning: is wrong answer
- 4. all above : Correct Answer