Session 5: Sleep Health Assessment and Prescription
Date: May 3, 2021, 7:00 PM - 8:00 PM

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Location: Jackson, MS via Zoom (registration instructions are below)

Educational Objectives:
At the conclusion of this activity, the learner should better be able to:

- Describe the importance of sleep in overall cardiometabolic health.
- Discuss the appropriate assessment of quantity and quality of sleep.
- Describe sleep hygiene counseling.
- Compose a lifestyle prescription related to sleep.

Target audience: Physicians, Nurse practitioners, Nurses, and other interested healthcare providers.

The speaker today has no relevant financial relationships to disclose.

There are no fees for participating in this live activity.

AMA The University of Mississippi School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

As an organization accredited for continuing medical education, the University of Mississippi School Medicine designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™ toward the AMA Physician’s Recognition Award. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurse-The University of Mississippi Medical Center School of Nursing is approved as a provider of nursing continuing professional development by The Mississippi Nurses Foundation Inc. an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

As an approved provider, the University of Mississippi Medical Center School of Nursing awards this educational activity 1 (one) contact hour(s).
Instructions to Register for the Session

Step 1: Click this link to sign-up for the session [https://redcap.umc.edu/surveys/?s=TWPDXWFMD](https://redcap.umc.edu/surveys/?s=TWPDXWFMD)

Step 2: Pre-register in ZOOM for the event by clicking this link [May ECHO Zoom Registration](#)

Contact Brea Cole at [cbcole@umc.edu](mailto:cbcole@umc.edu) if you need assistance.