

PROGRAM OBJECTIVE

The goal of *Sleep Clinics of North America* is to keep practicing physicians up to date with current clinical practice by providing timely articles reviewing the state of the art in patient care.

TARGET AUDIENCE

All practicing physicians and other healthcare professionals.

LEARNING OBJECTIVES

Upon completion of this activity, participants will be able to:

1. Review the association of circadian rhythm disorders with psychiatric disorders, neurological disorders, and cardiometabolic problems.
2. Discuss the roles that light, melatonin, and vision play in circadian rhythm disorders.
3. Recognize the effects of both genetic factors and environmental factors such as jet lag and shift work disorders on circadian rhythm.

ACCREDITATION

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TO ENROLL

To enroll in the Sleep Medicines Clinic Continuing Medical Education program, call customer service at 1-800-654-2452 or sign up online at <http://www.theclinics.com/home/cme>. The CME program is available to subscribers for an additional annual fee of USD \$140.

METHOD OF PARTICIPATION

In order to claim credit, participants must complete the following:

1. Complete enrolment as indicated above.
2. Read the activity.
3. Complete the CME Test and Evaluation. Participants must achieve a score of 70% on the test. All CME Tests and Evaluations must be completed online.

CME INQUIRIES/SPECIAL NEEDS

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