RCH Department of Psychiatry

Grand Rounds

“The ABCs of ZZZ: Evaluation and Management of Comorbid Insomnia”

Tuesday, May 14, 2013
1200 - 1300 HOURS
Sherbrooke Centre – Lecture Room # 1
Videoconference: PAH – Meeting Room # 3. SMH Bldg F Room # 401, and ERH Parklane Room (Manor Side), Langley Memorial Cottage, Cottonwood Lodge, Burnaby Developmental Disabilities

Presented by:

Dr. Debra Yew, PGY2 Psychiatry Resident
and
Dr. Arun Jagdeo, PGY2 Psychiatry Resident

Learning Objectives:

1. Understand the stages of sleep and the drive for sleep
2. Appreciate the relationship between sleep and psychiatric disorders
3. Develop competence in taking a sleep history
4. Define comorbid insomnia
5. Gain familiarity with evidence based pharmacological and psychological treatment for comorbid insomnia

~ Lunch generously sponsored by Valeant Canada ~

This event is an accredited group learning activity (section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.