

**Sleep Medicine Grand Rounds 2025-2026 - 9/24/2026 Evaluation of Chronic Insomnia
September 24, 2026
12:00 PM - 1:00 PM**

Target Audience

This program has been designed for FAMILY MEDICINE, NEUROLOGY, PSYCHIATRY, INTERNAL MEDICINE - Pulmonary Disease, INTERNAL MEDICINE - Sleep Medicine, OTOLARYNGOLOGY - Sleep Medicine, PEDIATRICS - Sleep Medicine

Series Educational Objectives

After participating in this regularly scheduled series, participants should be able to:

- 1 Discuss sleep disorders and new guidelines
- 1 Review diversity, equity, and inclusion (DEI) principles in sleep medicine practice to address the unique needs of diverse patient populations
- 2 Discuss evidence-based treatment options for sleep disorders, including CPAP therapy, oral appliances, surgical options, and behavioral interventions
- 4 Discuss evidence-based criteria to identify sleep apnea
- 5 Describe the care of complex and/or unusual presentations of sleep disorders including how to apply diagnostic technologies and incorporate evidence-based therapies

Session Educational Objectives

After completing this educational activity, participants should be able to:

- 1 Describe insomnia using established clinical models
- 2 Describe how to conduct a thorough insomnia clinical history and assessment
- 3 Discuss how to apply differential diagnosis criteria for insomnia and related disorders

Accreditation

In support of improving patient care, Penn Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Designation of Credit:

Physicians: Penn Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is for **1.00** contact hours.

Pharmacists: This activity is not approved for pharmacy contact hours.

PAs: AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*[™] from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of **1.00** Category 1 credits for completing this activity.

For more information, please contact
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Check your transcript online at <https://upenn.cloud-cme.com>

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. This activity awards up to 1.00 credits for Psychologists.

Acknowledgement of Commercial Support*: None

Disclosure of Relevant Financial Relationships and Unapproved Uses of Products

It is policy at Penn Medicine Office of Continuing Medical and Interprofessional Education for individuals who are in a position to control the content of an educational activity to disclose to the learners all relevant financial relationships(RFRs) that they have with any ineligible company, which is defined as any company whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Disclosure to learners includes all RFRs for all those in control of content including faculty, planners, moderators, and reviewers.

The intent of this policy is to ensure that Penn CME/CE certified activities promote quality and safety, are effective in improving medical practice, are evidence-based, are based on valid content, and are independent of control from ineligible companies and free of commercial bias. Peer review of all content was conducted for all faculty presentations whose disclosure information was found to contain any financial relationships. Part of the peer review process involved reviewing the content, determining which financial relationships were relevant, and applying appropriate mitigation strategies. In addition, all faculty were instructed to provide balanced, scientifically rigorous and evidence-based presentations.

The staff in the Office of Continuing Medical and Interprofessional Education (CME and IPCE), have disclosed that they have no financial relationships with any ineligible companies. Any peer reviewer who is determined to have a relevant financial relationship must recuse themselves from the peer review process.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Maria Antoniou, MD	Co-Director	Nothing to disclose - 06/25/2026
Lisa F Felkins, CRNP	Nurse Planner	Nothing to disclose - 06/26/2026
Philip Gehrman, PHD	Faculty	Consulting Fee-Fisher Wallace Laboratories (Relationship has ended) Consulting Fee-Eisai, Inc. (Relationship has ended) Grant or research support-Merck & Co (Relationship has ended) Advisor-Eight Sleep (Relationship has ended) Consulting Fee-Idorsia (Relationship has ended) Consulting Fee-WW (Relationship has ended) - 09/17/2026
Indira Gurubhagavatula, MD	Course Director	Membership on Advisory Committees or Review Panels, Board Membership, etc.- AASM - 06/25/2026
Kami McManus, PsyD	Other Planning Committee Member	Nothing to disclose - 10/09/2025
Jorge Mora, MD	Other Planning Committee Member	Advisor-Zoll Services LLC Advisor-Huxley Membership on Advisory Committees or Review Panels, Board Membership, etc.- ReacHealth - 02/11/2026
Richard John schwab, MD	Other Planning Committee Member	Grant or research support-Inspire (Relationship has ended) Consulting Fee-Apnimed Membership on Advisory Committees or Review Panels, Board Membership, etc.-Sleep Evolution Grant or research support-CryOSA Grant or research support-ResMed (Relationship has ended) Consulting Fee-Eli Lilly Membership

		on Advisory Committees or Review Panels, Board Membership, etc.-eXciteOSA (Relationship has ended) Royalties or Patent Beneficiary-UpToDate Royalties or Patent Beneficiary-Merck Manual Membership on Advisory Committees or Review Panels, Board Membership, etc.-Onera - 03/03/2026
Laura steffa, CRNP RN	Nurse Planner	Nothing to disclose - 11/04/2025

Relevant financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received or expected