



## Program Test

# Changing How We Think About Insomnia: Confronting Clinical Challenges

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This program is supported by an unrestricted educational grant from Sepracor.

### Accreditation

Boston University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Boston University School of Medicine designates this educational activity for a maximum of 2.5 category 1 credits toward the American Medical Association Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

In order to successfully complete this activity, you are required to read the entire Supplement and complete and submit the completed test answer sheet by May 27, 2005. CME credit will be awarded provided a score of 70% or better is achieved. A certificate of credit will be sent within 6 weeks of receipt of the test answers to those who successfully complete the examination.

The estimated time to review the Supplement and complete the accompanying test is 2.5 hours. Please be sure to record the actual time spent on the bottom of the test where indicated.

### Course Faculty

#### Disclosure Policy

It is the policy of Boston University School of Medicine, Department of Continuing Medical Education, that faculty disclose to program participants any real or apparent conflict of interest. In addition, faculty are asked to disclose any discussion of unapproved use of pharmaceuticals and devices.

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### Target Audience

Community psychiatrists

### Educational Needs Addressed

The high prevalence and burden of insomnia are not well recognized. Numerous barriers impede the accurate diagnosis and recognition of insomnia. For those with chronic insomnia, there are limitations to existing commonly used treatments.

### Educational Objectives

At the conclusion of this activity, participants will be able to:

1. Discuss the significance of insomnia in terms of prevalence and burden.
2. Better recognize and diagnose insomnia.
3. Better address the needs of patients with chronic insomnia.
4. Identify the special needs related to the elderly and to insomniacs with depression and pain syndromes.

### Term of Approval

May 27, 2004–May 27, 2005

Original Release Date of CME Program: May 2004

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