



Interviews are based on data presented at the American Geriatrics Society 2008 Annual Scientific Meeting, the American Psychiatric Association 2008 Annual Meeting, and the 22nd Annual Meeting of the Associated Professional Sleep Societies*

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The Sleep Series

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Managing Insomnia in Older Adults

Part 1 of a 2-part series

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This CME/CE activity is jointly sponsored by the University of Florida College of Medicine, Amedco, and PVI, PeerView Institute for Medical Education.



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Media: Internet

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Target Audience

This activity has been designed to meet the educational needs of sleep specialists, psychiatrists, neurologists, gynecologists, primary-care physicians, and nurses.

Program Description

In this CME/CE activity, experts in the treatment of insomnia present recent data on the management of insomnia, including implications for older adults. New data on insomnia in women is also highlighted.

Educational Objectives

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

- Discuss comorbidities that occur in insomnia, with a focus on older adults
- Explain the impact of insomnia in older adults, especially women
- Review updated efficacy and safety data on agents used in the treatment of insomnia, especially in relation to older adults

Accreditation and Credit Designation Statements

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