



Wed. 11/29/23, 12:00 – 1:00 pm, COM-T 2117



## ***Why Sleep Matters and How Radiologists Can Get More of It***

*presented by*

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[Patricia Haynes](#), PhD, CBSM, DBSM, is a Professor in Health Promotion Sciences at the Mel and Enid Zuckerman College of Public Health. She is also a licensed clinical psychologist and behavioral sleep medicine specialist with an expertise in cognitive behavioral therapies for insomnia, PTSD, and depression. Her research examines sleep, mental health, and lifestyle behaviors in various occupations and groups exposed to stress, including first responders, veterans and people who have experienced involuntary job loss. Her current work focuses on the implementation of behavioral sleep intervention in workplace settings.

Dr. Haynes has authored a significant number of research publications in academic journals as well as intervention manuals and materials for veterans with PTSD and insomnia and fire fighters. Her work has been funded by the National Institutes of Health, the Department of Defense, and the American Sleep Medicine Foundation. In addition to her academic work, Dr. Haynes has a well-established partnership with the Tucson Fire Department, where she provides clinical and consulting services to fire service members and assists in the administration of behavioral health programs to foster resiliency.

**CME/Attendance Code: 41368**  
Live streaming via [Zoom](#)

### **OUTCOME OBJECTIVES**

1. List three ways that chronic sleep loss or disruption negatively impacts health and work performance.
2. Describe multi-level barriers to obtaining adequate quality and quantity of sleep in residency.
3. Identify one way to promote personal sleep health.

### **ACCREDITATION STATEMENT**

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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### **DISCLOSURE STATEMENT**

All Faculty, CME Planning Committee Members, and the CME Office Reviewers have disclosed that they have no financial relationships with commercial interests that would constitute a conflict of interest concerning this CME activity.

