



Sleep Health: A Simple Guide to a Good Night's Rest

WEBINAR



DATE + TIME

March 30, 2021
5:00 pm - 6:15 pm



TARGET AUDIENCE

All interested healthcare professionals or community partners.



INSTRUCTOR

Trudy Messer, PT, OCS, RYT, CKTP,



REGISTRATION

Free to all participants. To register, visit:
www.scahec.net/learn/programs



A link + directions will be sent to all registered participants 1-2 days prior to the program to log into WebEx. Please ensure you have the correct email entered into our system when completing the registration process.

COURSE DESCRIPTION



Humans sleep 20% less than they did 100 years ago. Sleep deprivation is an epidemic affecting the quality of life of over 45% of the world's population. This course will provide ideas and solutions to improve sleep, sleep hygiene, efficient sleep positions, and overall sleep habits.

LEARNING OBJECTIVES



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

- To define sleep hygiene.
- To educate and discuss the 11 most common healthy sleep habits.

CONTINUING EDUCATION CREDIT



Licensed Professional Counselors and Therapists: This program has been approved for **1.0** hour of continuing education by SC AHEC under its accreditation by the SC Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists and Psycho-Educational Specialists.

Social Workers: This program has been approved for **1.0** clock hours of non-social work continuing education by Upstate AHEC, as part of the SC AHEC system, under its accreditation by the SC Board of Social Work Examiners.

Licensed Nurses: Upstate AHEC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Upon successful completion of this program, attendees will receive **1.00** contact hours. www.nursecredentialing.org/accreditation.aspx

Others: This program is approved for **0.1** CEUs (**1.00** clock hours) by Upstate AHEC and meets the SC AHEC Best Practice Standards.



Sleep Health: A Simple Guide to a Good Night's Rest

WEBINAR



Successful completion of the program requires attendance for at least 90 percent of the program and a completed online evaluation by the participant within 10 calendar days of the program date. A certificate of completion will not be made available for you if the evaluation is not completed within this timeframe. No partial credit available.

Please Note: Licensees should verify with their state licensing board for acceptance of continuing education units.

Americans with Disabilities Act (ADA): Upstate AHEC is committed to equality of educational opportunity and does not discriminate against applicants, students or employees on the basis of race, color, religion, sex, national origin, age, disability or veteran's status. If you require reasonable accommodations for a disability in order to participate fully in a continuing education activity, call 864-349-1160 no later than one week before the date of the activity.

ANCC Disclosure Statement: Upstate AHEC's conflict of interest policy requires faculty to disclose any real or apparent commercial financial affiliations related to the content of their presentations/materials. The speaker has signed a vested interest form declaring no conflict of interest in education activity. Provisions of this educational activity by Upstate AHEC does not imply endorsement by Upstate AHEC or ANCC of any commercial products displayed in conjunction with this activity.

Cancellation Policy: Upstate AHEC reserves the right to cancel a continuing education program if enrollment is not sufficient to warrant offering the program. If a class must be cancelled for any reason, a full refund will be granted. In the event that Upstate AHEC should find it necessary to cancel or postpone a program for any reason including, but not limited to, registration responses, strikes, or acts of God, a full refund will be granted.

*****Session 2 of a year-long series. Participants may participate in any one and/or all of the series parts. Additional dates to be announced.**