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Sleep Disorders in Adults

This course examines sleep disorders; the phases of sleep; six types of sleep disorders that affect adults; the systematic approach and screening tools for assessing sleep disorders; and the pharmacologic and non-pharmacologic management of sleep disorders.

- Program Faculty and Credentials:
 - Maryann Martin, DNP, FNP, BC/PMHNP-BC
- Number of Contact Hours: **1.5**
- Learning Objectives
 - Outline the anatomy of the brain and the stages of sleep.
 - Examine the effects of sleep loss.
 - Outline risk factors for developing sleep disorders.
 - Differentiate between types of sleep disorders.
 - Formulate evidence-based methods for the assessment of sleep disorders, including the use of screening tools.

Schedule and Format:

Online, Asynchronous

Required Materials and Equipment:

Internet access. Courses may be taken in written or audio format

Fees:

\$39.00 annual fee, unlimited courses

Refund Policy:

30-day money back guarantee, provided refund requirements are met. Full Refund policy can be found at

<https://ceufast.com/tos#refund>



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CEUFast, Inc.

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Event Date/Time 3/20/26