



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER,  
EL PASO

Office of Faculty Affairs  
Wellness Program

# FACULTY WELLNESS SERIES



## CHRONOPHYSIOLOGY OF SLEEP

Wednesday, Oct. 7, 2020  
12:30 – 1:30 P.M.  
Webex Event

### Learning Objectives:

- Identify the basic principles of chronophysiology.
- Discuss the biology and psychosocial implications of sleep deprivation.
- Recognize the biopsychosocial principles and practice of sleep hygiene.

Click the Link below to  
Register

<https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=e5d963be1fc81785e87f2fed0069462b6>

**To claim CME credit**, participants must log on using their full name and remain logged on for the majority (minimum of half of the event), if not the entirety of the CME activity. Webex entry and exit time stamps will be used to validate attendance requirements. Certificates for CME sessions are only available upon request. Participants may request a credit transcript by emailing [cmeinfo@tuhsce.edu](mailto:cmeinfo@tuhsce.edu).

#### CME Accreditation:

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### CME Credit Designation:

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine designates this live activity for a maximum of 1.0 AMA PRA Category I Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### CME Ethics Credit:

This activity provides 1.0 continuing medical education (CME) credit hours toward the annual requirement of the Texas Medical Board for continuing medical education credit in medical ethics or professional responsibility.

#### Disclosure Policy:

There are no relevant financial relationships with ACCME defined commercial interests for anyone who was in control of the content for this activity.



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