

CONTINUING MEDICAL EDUCATION

UH Interprofessional Pharmacology Lecture: Dreaming of a Good Night's Sleep: Insomnia Pharmacotherapy Update – 71963-71042

Date: September 22, 2025

Time: 12:00 PM-1:00 PM

Darrell Hulisz, PharmD
CWRU - SOM

Educational Objectives

At the conclusion of this activity, the participant should be better able to:

- 1 Recognize common medications that can contribute to or worsen insomnia
- 2 Apply evidence-based principles of sleep hygiene to support patients with sleep disturbances
- 3 Evaluate the benefits and limitations of over-the-counter sleep aids and dietary supplements for insomnia management
- 4 Compare FDA-approved prescription therapies for insomnia, including mechanisms of action, typical dosages, potential interactions, and key adverse effects

Accreditation and Credit Designation Statements

Case Western Reserve University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Case Western Reserve University School of Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosures:

All relevant financial relationships have been mitigated. This activity's planners and speaker(s) have made the following disclosures:

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Celina Cunanan, MSN, APRN-CNM	Co-Director	Nothing to disclose - 06/11/2025
Katherine Hornack, MSN	Other Planning Committee Member	Nothing to disclose - 06/11/2025
Kehllee Popovich, MSN, ACNP-BC	Co-Director	Nothing to disclose - 06/11/2025
Darrell Hulisz, PharmD	Faculty	Nothing to disclose - 07/16/2025

PRESENTED BY:

SPONSORED BY:



Jaclyn Druso, DNP, APRN-CNP	Other Planning Committee Member	Nothing to disclose - 06/11/2025
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