DESCRIPTION

Sleep related impairment is an underrecognized threat to the judgment, EQ, and interpersonal engagement that drive career success in academic medicine. This program applies an Academic Career Design lens using the strengths positive psychology framework and an experiential learning cycle to help participants identify personalized sleep related challenges and design sustainable strategies aligned with their individual strengths and professional goals, rather than relying on generic, one size fits all advice.

WHO SHOULD ATTEND

This activity is intended for all faculty and staff team leaders, managers and directors in multiple specialties and disciplines.

OBJECTIVES

After attending this activity, the learner will demonstrate the ability to:

- Recognize strategies to cultivate natural talents into intentionally directed strengths.
- Compare and contrast their natural talents, gaining a deeper understanding of their unique strengths profile.
- Identify and implement strategies to apply their mature strengths in pursuit of excellence as leaders in academia.
- Apply a strengths based, personalized approach to identify sleep related professional challenges and design sustainable strategies aligned with their career goals.

ACCREDITATION STATEMENT

The Johns Hopkins University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The Johns Hopkins University School of Medicine designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™.* Physicians should claim only the credit commensurate with the extent of their participation in the activity.

MOC STATEMENT

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.25 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. The provider must include a comprehensive evaluation component that measures learners' change. It is the CME activity provider's responsibility to submit participant completion information to ACCME's Program and Activity Reporting System (PARS) for the purpose of granting MOC credit.

POLICY ON PRESENTER AND PROVIDER DISCLOSURE

It is the policy of the Johns Hopkins School of Medicine that the presenter and provider globally disclose conflicts of interest. The Johns Hopkins School of Medicine OCME has established policies in place to identify and mitigate relevant conflicts of interest prior to this educational activity. Detailed disclosure will be made prior to presentation of the education.

American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

American Academy of Nurse Practitioners National Certification Program accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

National Commission on Certification of Physician Assistants (NCCPA) PAs may claim a maximum of 7.25 Category 1 credits for completing this activity. **NCCPA** accepts *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society.

The Johns Hopkins University School of Medicine is authorized by the **Maryland State Board of Examiners of Psychologists** as a provider of continuing education. The Johns Hopkins University School of Medicine maintains responsibility for this program. A certificate for 7.25 CEUs will be awarded upon completion of this live activity.

The Maryland Board of Social Work Examiners certifies that this program meets the criteria for 7.25 credit hours of Category 1 or .725 CEUs of continuing education for social workers licensed in Maryland. The Johns Hopkins University School of Medicine is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland.

FULL DISCLOSURE POLICY AFFECTING CME ACTIVITIES

As a provider approved by the Accreditation Council for Continuing Medical Education (ACCME), Johns Hopkins University School of Medicine Office of Continuing Medical Education (OCME) requires attested and signed global disclosure of the existence of all financial interests or relationships with ineligible companies from any individual in a position to control the content of a CME activity sponsored by OCME.

The following relationships have been reported for this activity:

NAME	ROLE	RELATIONSHIP(S)
Charlene E Gamaldo, MD	Presenter	**Honoraria:** Medscape and UpToDate **Membership on Advisory Committees or Review Panels, Board Membership, etc.:** American Academy of Neurology, American Academy of Sleep Medicine and Jazz Pharmaceuticals **Consulting Fee:** Apnimed, Incannex and Takeda

No one else in a position to control the content of this educational activity has disclosed a relevant financial interest or relationship with ineligible companies. All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

Note: Grants to investigators at the Johns Hopkins University are negotiated and administered by the institution which receives the grants, typically through the Office of Research Administration. Individual investigators who participate in the sponsored project(s) are not directly compensated by the sponsor, but may receive salary or other support from the institution to support their effort on the project(s).

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