

## **Learning Objectives**

MedBridge

*Sleep as a Component of Holistic Health*

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### **Course Objectives:**

- Be able to explain the role of sleep and “why” we all need it
- Demonstrate an understanding of the basic science that underpins the role of sleep in healthy living (physical, emotional, social and mental)
- Demonstrate the relationship between disordered sleep and the development of chronic disease
- Identify and utilize proper screening tools and strategies for identifying sleep as a relevant problem
- Be able to implement effective stepped-care strategies to address disordered sleep