

FAMILY MEDICINE GRAND ROUNDS

# *Insomnia and Primary Care*

Safia Khan, MD, Sleep Specialist and  
Family Physician



***FREE Virtual CME Program***  
**Tuesday November 17, 2020**  
**6:00-7:00 pm**

**Course Directors:**

Kimberly Aparicio, MD, Assistant Professor

**Overview:** This activity provides an opportunity to review and present what is relevant to primary care and up to date information that is applicable to day-to-day practice. In this discussion we will:

1. Know how to diagnose insomnia
2. Treat insomnia with non-pharmacologic interventions including behavior therapy
3. Treat insomnia with the most appropriate pharmacologic agents based on co-morbid conditions

**Who should attend?** Residents in training, fellows, medical students and other interested health care professionals and physicians at UTSW and Community primary care.

*UT Southwestern Family Medicine Grand Rounds provide an updated scientific knowledge foundation which will enhance diagnosis and treatment in the care of our patients.*