



## Southern Arizona Psychological Association (SAPA)

### Recognizing and Addressing Sleep Problems: Potential for Improving Mental Health, Healthy Behavior, Neurocognitive Function, and Cardiovascular Health

Michael A. Grandner, Ph.D.

Tuesday, April 19, 2016, 12:00-1:15PM, Mountain Oyster Club

#### Description

This presentation will begin by discussing the importance of sleep for mental health, healthy behavior, neurocognitive function, and cardiovascular health. Then, the presentation will continue by identifying and describing strategies for assessing sleep and determining who is in need of an intervention. Finally, this presentation will present some potential strategies for ameliorating sleep problems in a clinical setting. This topic is highly relevant to psychology, in that sleep complaints are a feature of nearly all mental health disorders and present very frequently in clinic. The material will be based on peer-reviewed data and citations will be provided. No significant risks are noted.

#### This intermediate level presentation will help participants

1. Identify sleep behaviors that are associated with increased risk of cardiometabolic disease and neurocognitive deficits.
2. Provide evidence-based advice for clients/patients who are experiencing insufficient sleep or sleep difficulties.
3. Utilize sleep interventions as a tool toward improved health and healthy behavior.

#### About the Speaker

Dr. Grandner has worked in the field of sleep research for over 15 years. He has published 80 journal articles on issues related to sleep and health. He is Director of the Sleep and Health Research Program at the University of Arizona. He has won awards for his research from the Sleep Research Society, American Academy of Sleep Medicine, Society of Behavioral Sleep Medicine, Sleep Research Network, Population Association of America, and American Heart Association, is a Past President of the Pennsylvania Sleep Society, is Associate Editor of the journal Sleep Health, was recently a Guest Editor for a special issue of Sleep Medicine, and has served on and/or chaired committees for the Sleep Research Society, American Academy of Sleep Medicine, Society of Behavioral Sleep Medicine, and the American Heart Association. His research has been funded by multiple NIH institutions and foundations to study the relationship between sleep and health.

Date: Tuesday, April 19, 2016

Location: Mountain Oyster Club, 6400 E. El Dorado Plaza # 100,  
Tucson, AZ 85715

Time: 11:45 Check in  
12:00 Lunch  
12:15-1:15 Presentation

CE's: 1 CE

#### Registration Fees:

SAPA Members: Early Bird \$27/Regular \$30/Walk-in \$40  
Non-SAPA: \$35/Walk-in \$45  
Students/Interns:\$15

You will be able to indicate any needed accommodations or dietary preferences when you register. Walk-in space is limited and cannot be guaranteed. Lunch choice cannot be guaranteed for walk-ins.

**Registration deadline is 4/14/16.** Register online at [SAPAonline.org](http://SAPAonline.org) or go directly to the [registration page](#). For questions about this event, contact Nancy Eldredge, Ph.D., SAPA CE Committee Chair ([eldredge.nancy@gmail.com](mailto:eldredge.nancy@gmail.com)). Cancellation/refund deadline is 4/14/16.

#### Continuation Education Credits:



These events are offered for one (1) Category 1 CE Credit. Participants must sign in, be present for the entire presentation, and complete the Evaluation Questionnaire in order to obtain a CE Certificate. The Southern Arizona Psychological Association (SAPA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. SAPA maintains responsibility for all of its programs and content. Southern Arizona Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Southern Arizona Psychological Association maintains responsibility for this program and its content.