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Psychiatry & Behavioral Sciences

## Grand Rounds Lecture Series

### *Department of Psychiatry & Behavioral Sciences*

Presents

## “Sleep and Emotional Regulation: ‘Sleep it off’”

By

**Judith Lone, M.D. - PGY IV**

Dr. Yam Giri, Mentor  
Nassau University Medical Center  
Department of Psychiatry

On

**Wednesday, October 18<sup>th</sup>, 2023**

**1:00 p.m. – 2:30 p.m.**

In

**Amphitheater**

#### *Learning objectives:*

1. *Review of the science of sleep*
2. *The neurotransmitters of sleep*
3. *Sleep affecting emotional regulation*

**Target audience:** Physicians, Fellows, Residents, PA’s, NP’s, Pharmacists, Medical Students and all other personnel involved in patient care.

**CME Accreditation:** NUMC is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians.

**Credit Designation:** NUMC designates this *Live Activity* for a maximum of 1.5 AMA PRA Category 1 Credits <sup>TM</sup>.

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