



**Children's National**™

# Pediatric Emergency Medicine Faculty Development

Division of Pediatric Emergency Medicine

## Improving Sleep Through Mindfulness

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*Attending*

*Division of Emergency Medicine*

*Children's National Hospital*

**Thursday**

**October 5, 2023**

**2:00pm – 3:00pm**

**Zoom**

### Learning Objectives:

At the end of this session, participants will be able to:

1. Brainstorm what has worked to fall asleep after shift-work. (10-15 mins discussion)
2. Discuss breathing techniques to help with sleep and demonstrate one technique that is very effective- Ujjayi breathing /ocean breath.
3. Answer questions on past failures with breath-based techniques.

**Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Society of Virginia (MSV) through the joint providership of Inova Office of Continuing Medical Education and Children's National Medical Center. The Inova Office Continuing Medical Education is accredited by the Medical Society of Virginia to provide continuing education for physicians.

### Target Audience:

Pediatric Emergency Medicine attendings, associates, and fellows

[Text code **PEVDUC** to 703-260-9391]

**Credit Designation:** The Inova Office of Continuing Medical Education designates this live educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.



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