

PUTTING INSOMNIA TO SLEEP

Live Webcast

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Sponsored by the University of Alabama at Birmingham (UAB) Pediatric Pulmonary Center (PPC)



Presenter Credentials/Bios

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Region IV Public Health
Training Center

Target Audience:

Nurses, social workers, health educators, pediatricians, school counselors, school nurses, respiratory therapy staff, and other healthcare professionals and administrators who may provide services to children

Insomnia is a rapidly growing concern in pediatric populations, with studies showing that approximately 25-30% of children experience sleep difficulties. The prevalence of insomnia tends to increase with age, particularly during the teenage years, where around 10-20% of adolescents are affected. Poor sleep quality in children is linked to negative outcomes such as academic underperformance, mood disturbances, and impaired cognitive function. Behavioral interventions, such as Cognitive Behavioral Therapy for Insomnia (CBT-I), have shown efficacy in treating pediatric insomnia, helping to address both the symptoms and underlying causes. Nationally, there is a current paucity of sleep medicine specialists available to readily consult with these patients early in their presentation. Therefore, primary care providers incorporating CBT-I into clinical encounters is crucial, as it provides a structured, evidence-based approach to improving sleep patterns and overall well-being in children early in their management course.

Objectives

1. Review the mechanisms and causes of insomnia in pediatric patients.
2. Explain recommended treatment approaches for insomnia in pediatric patients as outlined by the AASM.
3. Recognize when CBT-I or behavioral interventions may be indicated.
4. Understand core techniques of some commonly used CBT-I or behavioral interventions in pediatric patients with insomnia.
5. Discuss potential ways to integrate these interventions into general clinical practice.
6. Review potential strategies for monitoring progress and managing treatment resistance for pediatric patients with insomnia.

Conference Details

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Continuing Education: Approved for Nurses and Social Workers.

*Non-ADPH employees are charged a fee to receive CE Certificates.

Additional information can be found at www.alabamapublichealth.gov/alphntn

Registration: Available at www.alabamapublichealth.com/alphntn

Technical Information: To receive complete technical information you must register at www.alabamapublichealth.com/alphntn. Webcast - Watch with RealPlayer or Windows Media Player.

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Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

On Demand - Available on our website two days after live broadcast.

Conference Materials: Available at www.alabamapublichealth.com/alphntn approximately one week before the program.

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