

# Losing Sleep: Insomnia Strategies for Older Adults

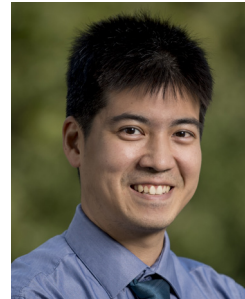
**Wednesday, July 17, 2024** 12-1 p.m.

## Target Audience

Primary care physicians and advanced practice clinicians are welcome.

## Learning Objectives

- Define normal adult sleep patterns and how they change with age.
- Explain data about nonpharmacological insomnia treatments' effectiveness in older adults.
- Contrast medications for insomnia in older adults, including relative effectiveness and side effects.



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## Register

To register or to learn more, please visit [suttermd.com/virtualgrandrounds](https://suttermd.com/virtualgrandrounds).

## How To Join

Visit our website or use this information to join the seminar on the day of the event:

Meeting link: [meetsutter.zoom.us](https://meetsutter.zoom.us)

Meeting ID: 952 0550 4709

Passcode: 540325

*Continuing Education Units are not guaranteed for each event. All registered attendees will receive notification of eligibility.*