

# NEUROLOGICAL SURGERY EDUCATION SERIES



**January 15, 2025**

- 7 – 8 AM**      **NEUROLOGICAL SURGERY GRAND ROUNDS**  
**Nathaniel F. Watson M.D.**  
Professor, Neurology  
Director of the Harborview Sleep Clinic  
Co-director of the UW Medicine Sleep Center  
Adjunct Professor, Neurological Surgery  
University of Washington, School of Medicine  
**Talk Title:** Sleep and Brain Health: Are Medicinal Therapies Problematic?  
**ZOOM INFO SENT SEPARATELY TO ATTENDEES (VIA CALENDAR INVITE)**
- 8 – 9 AM**      **RESIDENT EDUCATION CONFERENCE**  
**Topic:** TBD  
**Location:** Zoom for UW, SCH. NJB library for HMC residents  
**No CME Credit**

**OBJECTIVES:**

1. Describe how insomnia impacts brain health
2. Describe how insomnia medications impact brain health
3. Discuss novel methods for how to assess brain health

**ACCREDITATION WITH COMMENDATION:** The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**CREDIT DESIGNATION:** The University of Washington School of Medicine designates this Live Activity for a maximum of *48 AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (Each session is worth 1 credit)

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To request disability accommodations, contact ADA Office at least 10 days in advance.

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