



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER,  
EL PASO

Office of Faculty Affairs  
Faculty Wellness Program

### CME Accreditation

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### Designation

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine designates this live activity for a maximum of 1.0 *AMA PRA Category I Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Ethics Credit

This activity provides 1.0 continuing medical education (CME) credit hours toward the annual requirement of the Texas Medical board for continuing medical education credit in medical ethics or professional responsibility.

### Professional Responsibility

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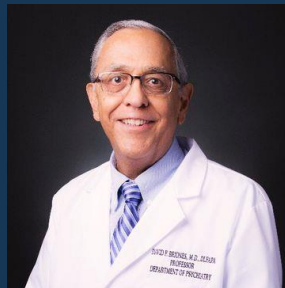
# Faculty Wellness Series

## A Wellness Approach to Addressing Insomnia

**Tuesday, June 8, 2021**  
**Noon – 1 P.M.**  
**Via Webex**

Lunch will be available for pickup.  
Registration is required by June 4 to reserve a lunch.

Click Here to [Register](#)



### Presented by:

**David F. Briones, M.D.**

Director, Faculty Wellness Program

Professor of Psychiatry

Texas Tech University Health Sciences Center El Paso

### Learning Objectives:

- To understand the clinical aspects of insomnia
- To differentiate insomnia from related sleep disorders
- To discuss treatment options for the management of insomnia
- To emphasize the non-pharmacological approach to the management of insomnia

For more information, please contact the Faculty Wellness Program at 915-215-4153.