The Detriments of Sleep Deprivation

We live in a culture that celebrates sacrificing sleep and is oblivious to or in denial of, the impairments caused by sleep deprivation. Poor sleep is physically detrimental to the body in the form of weakened immunity, decreased sex drive, increased risks for high blood pressure, diabetes, weight gain and heart disease. Good quality and adequate quantities of sleep have been shown to be vital to maintaining optimal cognitive speed, decision making, reaction time and emotional coping skills. Learn how improving your sleep will improve your daily job performance.

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Tips and Tricks for Better Sleep

Sleep is not as simple as closing your eyes and magically time travelling to morning. There are a host of ways to improve sleep quality. Learn how to improve your Sleep Hygiene to get more effective rest and recharge. We will discuss things you can do, things you should avoid and how to set up an environment supportive of sleep health.

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Due to the cancellation of in-person, live CLE approved courses, because of restrictions imposed by the Governor’s COVID-19 response, the Supreme Court of the State of Delaware Commission on Continuing Legal Education has waived the requirement that at least 12 of the 24 CLE credit hours must be earned by attending in person live CLE approved courses. The requirement is waived for the two year periods ending December 31, 2020 and December 31, 2021. All 24 CLE credit hours for those two-year periods may be satisfied by approved courses that do not require an in-person, live appearance.

Pennsylvania credit is not available for any video CLEs offered as a live webinar video.

Your attendance will be automatically monitored beginning at the scheduled start time and will be completed when the CLE has ended. If you enter or leave the meeting after or before the scheduled start/end time, you will receive credit only for the time you attended. Your CLE credits will be submitted to the Delaware Commission on CLE, as usual.