

# Clinical Updates

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## Insomnia and CBT-I

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Speakers, planners and CME staff do not have any relevant financial relationships with ineligible companies to disclose.

#### Objective:

At the conclusion of this presentation, participants should be able to:

- Understand what CBT-I is, the gold standard for treating insomnia, and how to refer within CentraCare.

#### Steps to view and obtain CME:

1. View Podcast Recording at [one.centracare.com](https://one.centracare.com)
2. Complete online evaluation/attestation of participation using this [link](#) by 12-27-2024:

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