

Sleep Disorders in Pregnancy

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Objectives: Mini-presentation on

- The basics of sleep
 - Sleep cycle
 - Physiology
 - Importance of sleep and consequences of sleep debt
- Why sleep is important to the OB/GYN
 - Women and sleep
 - Pregnancy and sleep
 - Changes in sleep during pregnancy
 - Causes of poor sleep in pregnancy
 - Sleep disorders in pregnancy
 - Obstructive sleep apnea
 - Prevalence throughout gestation and postpartum
 - Associated adverse outcomes
 - Screening & Diagnosis in pregnancy
 - Management
 - Insomnia
 - Diagnosis
 - Associated adverse outcomes
 - Management
 - Restless legs syndrome
 - Diagnosis
 - Management