

Lifestyle & Performance Medicine Lecture Series: Unlock the Power of Lifestyle Medicine to Prevent,
Treat, and Reverse Disease Home Study, 2022-2023
Presentation Updates

- **Slide 13** Titled “Optimize Current Performance” - Updated reference #1 with a new citation that includes a more current study. The new study is similar in sample size and source of exposure, but the methodology included behavioral measurements using actigraphy rather than subjective self-report of sleep quantity. Sheldon Cohen is listed as an author for both articles.
- **Slide 33** Titled “Adventist Health Study (AHS)” - Corrected the reference to Tonstad with Adventist Health Study.
- **Slide 44** Titled “L&PM in the USAF”- Updated bottom bullet section about current L&PM locations/practicing clinicians.
- All new in text citations were also updated and noted previously were also updated at the end of the presentation on the full reference slides.