



**Defense Health Agency, J-7, Continuing Education Program Office**

**JUNE CCSS S03: Sleep: A Tool for Maximizing Health and Performance and Its Enhancement with Slow-Oscillatory Transcranial Direct-Current Electrical Stimulation (SO-tDCS)**

**Live Course, June 22, 2023, Falls Church, VA**

**Continuing Education (CE)/Continuing Medical Education (CME) Information**

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for: physicians, nurses, physician assistants, pharmacists, pharmacy technicians, optometrists, psychologists, dentists, dental hygienists, dental technicians, athletic trainers, registered dieticians, dietetic technicians, occupational therapists, occupational therapy assistants, certified counselors, kinesiotherapy, case managers.

A certificate of attendance is available for other attendees.

**JUNE CCSS S03: Sleep: A Tool for Maximizing Health and Performance and Its Enhancement with Slow-Oscillatory Transcranial Direct-Current Electrical Stimulation (SO-tDCS) (1.00 clock hour)**

**1050 - 1150 (ET)**

**Learning Objectives**

1. Identify the functions of the brain and body that are impacted by sleep loss.
2. Describe strategies to manage fatigue when sufficient sleep is not possible.
3. Explain the physiological basis of the accumulation of homeostatic sleep drive during sustained wakefulness.
4. Examine the physiology of electroencephalogram (EEG) sleep slow waves and their role in sleep's restorative function.
5. Discuss how Slow-Oscillatory transcranial Direct Current Stimulation (SO-tDCS) can enhance the restorative properties of sleep.

**Faculty:**

Sara E. Alger, Ph.D. Presenter has no financial or non-financial relationships to disclose.

John David Hughes, Jr., M.D. Presenter has no financial or non-financial relationships to disclose.

**Disclosures:**

DHA J-7 staff, Planning Committee Members and content reviewers have no financial or non-financial interest to disclose. All faculty members have no financial or non-financial interest to disclose.

**Interprofessional Continuing Education (IPCE)**



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, the DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team. This activity was planned by and for the health care team, and learners will receive 1.00 Interprofessional Continuing Education (IPCE) credit for learning and change.

**Physicians (ACCME)**



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. DHA, J-7, CEPO designated this internet live course for a maximum of 1.00 *AMA PRA Category 1 Credit*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nurses (ANCC)

The DHA, J-7, CEPO is accredited by the Joint Accreditation/ Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education internet live course for a maximum 1.00 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

### Pharmacists (ACPE)



#### UAN JA4008136-0000-23-120-L99-P

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacists. This knowledge based activity will provide a maximum of 1.00 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

### Pharmacy Technicians (ACPE)



#### UAN JA4008136-0000-23-120-L99-T

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacy Technicians. This knowledge based activity will provide a maximum of 1.00 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

### Physician Assistants (AAPA) - Live



DHA, J-7, CEPO has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.00 hour of AAPA Category 1 CME credit. Physician assistants should only claim credit commensurate with the extent of their participation.

### Optometrists (ARBO/COPE)

This activity has been approved by ARBO/COPE. The DHA, J-7, CEPO designated this activity for a maximum of 1.00 credit hour. Optometrists should only claim credit commensurate with the extent of their participation in the activity.

COPE Course ID #: 84806-PB

COPE Activity/Event #: 126201

### Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The DHA, J7, CEPO maintains responsibility for the content of the programs. DHA, J-7, CEPO designated this activity for a maximum of 1.00 CE credit. The instructional level of this activity is intermediate. There is no cost to participate.

### Dentists and Allied Dental Staff (ADA CERP)



DHA, J-7, CEPO is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education (CDE). ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP. DHA, J-7, CEPO designates this activity for 1.00 continuing education credit.

## Athletic Trainers (BOC)



The DHA, J-7, CEPO (BOC AP #: P12034) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 1.0 Category A hour/Continuing Education Unit. (CEU). ATs should claim only those hours actually spent in the educational program

## Registered Dietitians and Dietetic Technicians, Registered (CDR)



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).

If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).

RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.

The DHA, J-7, CEPO is a Continuing Professional Education (CPE) Accredited provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.00 Continuing Professional Education unit (CPEU) for completion of this activity/material.

## ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit™*. ACCME Non-Physician CME Credit providers may receive a maximum of 1.00 hour for completing this internet live course.

## Occupational Therapists and Occupational Therapy Assistants (AOTA)



The DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 07203. This distance learning-interactive is offered at 0.1 CEU intermediate, OT service delivery, professional issues, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

## Case Managers (CCMC)



This program has been pre-approved by The Commission for Case Manager Certification (CCMC) to provide continuing education credit to CCM® board certified case managers. The course is approved for up 1.00 CE contact hour.

**Activity Code: I00055489**

**Approval Number: 230001939**

To claim these CEs, log into your CCMC Dashboard at [www.ccmcertification.org](http://www.ccmcertification.org).

## Kinesiotherapists (COPSKT)

**Provider# is 062223**



This continuing education activity has been accredited by The Council on Professional Standards for Kinesiotherapy (COPSKT) to include 0.1 contact hour/CEU. DHA, J-7, CEPO accredits enterprise-wide continuing education activities for military and civilian health care professionals. These courses are critical to DHA's goal of providing the best possible quality care to active duty service members, veterans, and their families.

## Certified Counselors (NBCC)



DHA, J-7, Continuing Education Program Office (CEPO) has been approved by National Board for Certified Counselor (NBCC) as an Approved Continuing Education Provider, **ACEP No. 6955**. Programs that do not qualify for National Board of Certified Counselors (NBCC) credit are clearly identified. DHA, J-7, CEPO is solely responsible for all aspects of the programs.

**NBCC ACEP No. 6955**

## Other Professionals

All other health care professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

## Commercial Support:

No commercial support was provided for this activity.

## Participation Costs:

There is no cost to participate in this activity.

## CE/CME Inquiries:

For all CE/CME related inquiries, please contact: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil)

## How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 06 July 2023 at 2359 ET at the following URL:

[www.dhaj7-cepo.com](http://www.dhaj7-cepo.com)