



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

TBICoE: Management of Sleep Disturbances Following Concussion/Mild Traumatic Brain Injury 2026

Other/Blended Learning, January 1, 2026 – December 31, 2026

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 associates/physician assistants, pharmacists, pharmacy technicians, social workers, psychologists, occupational therapists, occupational therapy assistants, physical therapists, and physical therapist assistants. A certificate of attendance is available for other attendees.

TBICoE: Management of Sleep Disturbances Following Concussion/Mild Traumatic Brain Injury 2026 (1.00 clock hour)

Learning Objectives:

1. Describe the occurrence and pathophysiology of sleep disturbances following concussion.
2. Explain focused screening and evaluation methods for common sleep disorders that occur following concussion.
3. Recognize co-morbid conditions and associated symptoms that may contribute to sleep disturbances.
4. Identify treatments for insomnia, obstructive sleep apnea, circadian rhythm sleep-wake disorders, restless legs syndrome, parasomnias, and insufficient sleep syndrome following concussion.

Faculty:

Traumatic Brain Injury Center of Excellence (TBICoE) Neuroscience and/or Network Dissemination Coordinator(s). Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, 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 healthcare team. This activity was planned by and for the healthcare 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 other/blended learning activity 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)

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

Pharmacists (ACPE)



UAN JA4008136-0000-26-001-H01-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 JA4008136-0000-26-001-H01-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 Associates/Physician Assistants (AAPA) – Live



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

Social Workers (ASWB)



As a Jointly Accredited Organization, DHA, J-7, CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.00 general continuing education credit.

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 APA CEP Office maintains responsibility for the content of the program. Participants earned 1.00 credit for attending this activity.

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 other/blended learning activity.

Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 04059. This blended/hybrid course is offered at 0.1 CEU intermediate, OT service delivery, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

Physical Therapists and Physical Therapy Assistants (APTA)



DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the healthcare team, and learners will receive 0.1 APTA CEU. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

Other Professionals

All other healthcare 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.

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 31 December 2026 at 2359 ET at the following URL: www.dhaj7-cepo.com.