



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

### **Military Injury Prevention Research to Practice Education Series: Consumer Sleep Technology and the Characterization of Revenge Bedtime Procrastination in Military Service Members**

**Live Course, May 7, 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, psychologists, athletic trainers, physical therapists, and physical therapist assistants. A certificate of attendance is available for other attendees.

#### **Military Injury Prevention Research to Practice Education Series: Consumer Sleep Technology and the Characterization of Revenge Bedtime Procrastination in Military Service Members (1.00 clock hour)**

**1300 – 1410 (ET)**

#### **Learning Objectives:**

1. Define revenge bedtime procrastination (RBP) and role overload in the context of military service.
2. Describe the relationship between work role overload (WRO) and the occurrence of RBP in military service members.
3. Explain how RBP and role overload impact the functional performance and operational readiness of service members.
4. Identify key factors contributing to sleep deprivation in the military.
5. Describe and contrast different Consumer Sleep Technologies.
6. Summarize current recommendations for the use of Consumer Sleep Technologies in patient and healthy populations.

#### **Faculty:**

CPT Talia Barrow, DSc, OTR/L, CHT, SP. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

CPT Lyddia Revell, DSc, OTR/L, CHT, SP. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Tracy Jill Doty, PhD. Presenter has 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 internet live course for a maximum of 1.00 *AMA PRA Category 1 Credit*<sup>™</sup>. 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 internet live course for a maximum of 1.00 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the 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.

## 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.

## Athletic Trainers (BOC)



DHA, J-7, CEPO (BOC AP #: JA4008136) 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.

## 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*<sup>™</sup>. ACCME Non-Physician CME Credit providers may receive a maximum of 1.00 hour for completing this internet live course.

## 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](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 21 May 2026 at 2359 ET at the following URL: [www.dhaj7-cepo.com](http://www.dhaj7-cepo.com).