



# USask CPE

Continuing Pharmacy Education



#### ACCREDITATION

USask CPE accredited  
for 5 hours (CEUs)

#### TARGET AUDIENCE

Pharmacists

#### ONLINE COURSE

#### REGISTRATION FEE

\$280

## PharmaZzz: Non-Medication Therapy for Insomnia

An online program for pharmacists to enhance their knowledge and skills in assisting patients to improve their sleep and stop or reduce the use of hypnotic medication.

After completion of this online program, participants will be able to:

1. Describe the PharmaZzz model and why it was created.
2. Compare and contrast potential sleep disorders frequently experienced by patients and list the sleep disorders that require referral to a physician.
3. Explain the components of non-medication treatment of insomnia (NMTi).
4. Discuss how NMTi can be applied in a community pharmacy and a primary care setting.
5. Recognize potential barriers to the implementation of NMTi into pharmacy practice and identify possible solutions.
6. Initiate tapering strategies as indicated for hypnotic medications.
7. Implement NMTi in their pharmacy practice.