



# Insomnia

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**Disclosure (s):** Dr. Madhiwala and the reviewers who contributed to this activity have no relevant financial relationships of interest to disclose.

## Learning Objectives:

**At the end of this knowledge-based activity, participating individuals should be able to:**

- Define insomnia and identify the causes of insomnia.
- Describe what good sleep hygiene is and how to practice it.
- Identify over the counter agents used to treat insomnia.
- Identify prescription medications used to treat insomnia.

**Target Audience:** Pharmacy Technicians

**Type of Activity:** Knowledge

**Fee:** \$2.65

**Release Date:** September 30, 2020

**Expiration Date:** September 29, 2022

**Estimated time to complete activity:** 1.0 hour

**CE:** 1.0 contact hours (0.1 CEUs)

**Please visit** <https://pharmacyce.uic.edu/moodle/> to participate in this activity.

## Continuing Education Statement:



The University of Illinois at Chicago College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. This activity has been assigned ACPE Universal Activity Number **0016-0000-20-056-H01-T**, for 1.0 contact hours (0.1 CEUs). Reading the learning objectives and faculty disclosures; participating in the entire knowledge-based activity, active learning activity, post-test (minimum score of 70% required; may be taken up to 3 times) and activity evaluation; estimating duration of time spent on the activity; and submitting NABP eProfile ID and MMDD are prerequisites for receiving continuing pharmacy education credits. All ACPE credit awarded to participants must be uploaded to CPE Monitor™ within 30 days of the activity date, so pharmacy technicians are required to provide their eProfile ID and date of birth (MMDD) at the time of the activity. Please contact [pharmce@uic.edu](mailto:pharmce@uic.edu) if you do not see activity information listed within 30 days. For more information and to set up your e-Profile visit: [www.MyCPEmonitor.net](http://www.MyCPEmonitor.net).

## How to Earn Credit:

Participants must complete the activity as described above in the Continuing Education Statement. To answer the questions, click on your selected choice for each answer then proceed to the next question. We recommend that you print a copy of your answers before you submit them to us. Once completed, click on 'Finish Attempt', then click on 'Submit All and Finish' at the bottom of the page. Your post-test will automatically be graded. If you successfully complete the post-test (score of 70% or higher), a confirmation message will appear at the top of the page underneath your grade. You will have a chance to review the correct answers and answer rationale. If you receive a score lower than 70%, you will receive a message at the top of the page underneath your grade notifying you that you did not pass the post-test. You will have 2 additional opportunities to pass the post-test and receive credit.

**Hardware/Software and Internet Requirements** can be found at <https://pharmacyce.uic.edu/moodle/>.

**Provider Contact Information:** For general information please call the Office of Continuing Education and Meeting Services toll-free at (866) PHARM-CE (866-742-7623) or send an e-mail to: [pharmce@uic.edu](mailto:pharmce@uic.edu). Copyright © 2020 – The Board of Trustees of the University of Illinois. All rights reserved. Reproduction in whole or in part without permission is prohibited. [Privacy Policy](#).