

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

January 27, 2026

Noon to 1:30 p.m. PDT

(No meals or breaks provided)

SPEAKER:

Daniel Lewin, PhD

Please register at:

[cottagehealth.org/
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.

This is a free community event. No consequence for non-attendance.



Sleep Health Principles and Advances

This course will provide an overview of advances in sleep and circadian regulation, principles of sleep health, and strategies for the diagnosis and treatment of sleep disorders.

LEARNING OBJECTIVES:

Participants will be able to:

- Differentiate homeostatic, circadian and ultradian regulation of sleep.
- Identify the primary symptoms of the most common sleep disorder, differential diagnosis: The Insomnias, Obstructive Sleep Apnea Syndrome and Circadian Rhythm Disorders.
- Define sleep stages and describe their progression — the four stages of sleep.
- Identify primary tests for diagnosing the most common sleep disorders: Sleep logs, psychometrically validated questionnaires, data from wearable devices, and overnight polysomnographic sleep studies
- Identify the optimal treatments for insomnia and sleep related breathing disorders: Behavioral, pharmacologic therapies and craniofacial contributors to sleep disordered breathing.



DANNY LEWIN, PhD, D. ABSM, CBSM is a licensed clinical psychologist (California, the District of Columbia and Maryland), sleep medicine researcher, sleep clinician and pediatric psychologist. He is one of the few psychologists who has double board certification in Sleep Medicine and Behavioral Sleep Medicine. Dr. Lewin was the founding director of the Behavioral Sleep and Pulmonary Programs at

Children's National Hospital and an Associate Professor of Pediatrics and Psychiatry at the George Washington University School of Medicine. In addition to directing the Clinical Sleep Medicine program at the National Institutes of Health (NIH), he was director of a NIH funded sleep research laboratory. Dr. Lewin has published more than 50 articles and chapters. He is also particularly honored to have served as a mentor and supervisor of hundreds of pre-and post-doctoral fellows in psychology, medicine, nursing and dentistry. Dr. Lewin is passionate about educating providers and the public about sleep health.

Virtual Psychiatric Grand Rounds

PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Kim Blair, BSN, RN-BC, PMH

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors

Clinical Nurse Specialists

Counselors

Marriage & Family Therapists

Nurse Practitioners

Nurses

Occupational Therapists

Occupational Therapy Assistants

Other Mental Health Professionals

Pharmacists

Physicians

Psychologists

Psychotherapists

Social Workers

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CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speaker of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.