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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course #	Course Title	
Webinar Date		
Name	Discipline	
Facility		
Home Mailing Address		
City	State	Zip
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E-mail Address for Confirmation (will not be shared or sold)		

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Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the the webinar. After that time, a credit for a future Motivations event may be awarded.

Special Needs Requests: Please email us any special needs related to vision, hearing, accessibility or any other considerations to completing the course so we can assist in advance.



Motivations CEU
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WEBINAR

#7403 The Healing Power of Sleep: Practical Tools for Recovery After Illness & Injuries

**Instructor: MICHEL JANET DENES (SHELLY) PT,
C/NDT, CFPS, CGCP**

**Audience: Physical Therapists, Occupational
Therapists, and Assistants, Athletic Trainers,
and related Healthcare professionals.**

**Delivery Options:
Live Webinar or Self-Study Options**

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SUMMARY: In the hustle of addressing immediate physical and cognitive impairments, the profound influence of sleep on patient recovery can fade into the background. This oversight is a missed opportunity to enhance patient outcomes, especially in managing diseases, injury, pain, and the complexities of aging.

Through this training, you'll explore sleep through the lens of rehabilitation and learn to integrate sleep assessment and intervention into your treatment plan. Discover:

- How sleep supports the restorative healing process, memory consolidation, and strengthens immune system
- Practical 'sleep hygiene' tactics for patients in any setting
- Actionable insights for various patient populations: aging adults, athletes, chronic pain, and more!

Walk away with enhanced clinical reasoning, tools to improve treatment outcomes and lifelong health benefits for your patients' health and your own well-being. Course instruction method includes: lecture, picture/graphs, videos, and question/answers.

PRESENTER: Shelly Denes, PT, C/NDT, CFPS, CGCP is an expert in fall prevention and neuro-rehab with more than 25 years of experience treating patients with hemiplegia, neurological diseases, TBI, and SCI. She has a special interest in fall prevention, Long COVID, sleep deprivation in rehab and the impact of chronic inflammation. She has been involved extensively with neuroprosthetic devices, lower extremity orthotics, and exoskeleton devices at the Rehab Institute of Michigan. Mrs. Denes travels nationally to present seminars on fall prevention, Long COVID and geriatric rehabilitation. Additionally, her expertise has been presented through expert witness work and consulting both nationally and locally. She also sits on the State of Michigan Fall Prevention Coalition committee. Shelly Denes is a graduate of University of Michigan's PT program, and she earned her certification in Neurodevelopmental Treatment for Adult Hemiplegia (NDT) at The Rehab Institute in Chicago, Illinois. She helped create the certifications for 'Fall Prevention Specialist' and 'Geriatric Care Professional' with Evergreen Certifications, holds these two certifications and sits on their advisory board.

Financial— Receives a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Identify and evaluate the four stages of sleep and understand the role of circadian rhythms in sleep regulation.
2. Develop and apply effective sleep hygiene practices and management strategies tailored to individual needs: including understanding the relationship between sleep and pain management.
3. Correlate the principles of good sleep with overall health improvement, learning enhancement, and athletic performance.

FORMAT: This is a 3-hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study.

For Live courses, the content is presented via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

For Recorded courses, learners will not be able to participate in real time with questions.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state. The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPTE.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.



Motivations Inc. is an AOTA Approved Provider of professional development. Course approval ID# 11192. This Distance Learning-Interactive or Distance Learning-Independent activity is offered at 0.3 CEUs, Intermediate Level, Occupational Therapy Service Delivery/Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures by AOTA

AGENDA ON NEXT PAGE

For course dates, times and registration, please visit: www.motivationsceu.com

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AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

FUNDAMENTALS OF SLEEP IN PATIENT CARE (15 MINUTES)

- Four stages of sleep and their importance
- Understanding of our circadian rhythms and their impact of sleep
- The overlooked role of sleep in healthcare

SLEEP'S COMPREHENSIVE IMPACT (15 MINUTES)

- Cognitive health and sleep deprivation
- Effects on metabolic and cardiovascular disorders
- The Immune System & Sleep Deprivation
- Influences on the Musculoskeletal System
- Relationship to infection, cancer and chronic Inflammation

AGING, SLEEP AND DISEASE MANAGEMENT (20 MINUTES)

- Changes in sleep patterns with aging, and common misconceptions
- Circadian rhythm adjustments in the elderly
- Sleep variations in specific conditions:
 - Metabolic and CVD
 - Cancer
 - Infections
 - Parkinson's Disease
 - Multiple Sclerosis
 - Psychiatric Disorders

INTERSECTION OF PAIN AND SLEEP (15 MINUTES)

- Impact of sleep on chronic pain
- Medication, pain management, and sleep disturbance
- Sleep, pain and the opioid epidemic
- How to break the sleep-pain-cycle

SLEEP HYGIENE AND CIRCADIAN RHYTHMS IN REHABILITATION (20 MINUTES)

- Principles of sleep hygiene and how to tailor to individual needs
- Circadian rhythms in rehabilitation and recovery
- Addressing nighttime worry and sleep disturbances
- Wind down schedule
- Target neuroplasticity to improve restful sleep
- Optimize sleep for athletic performance and recovery
- To nap, or not to nap?

TOOLS TO MANAGE SLEEP DISORDERS (15 MINUTES)

- Insomnia and Obstructive sleep apnea
- Sleep disorders in Covid-19 and POTS
- Implementing appropriate rehab and exercise programs

QUESTIONS AND ANSWERS (10 MINUTES)**Post-test: 30 Minutes** Research, identify, and submit your post-test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain and save your auto-emailed certificate for your files.