

LMMSC Module 5 Prescribed Application Activity Guide

You are required to complete **3 hours** of prescribed application activities for **LMMSC Module 5, *Sleep Health Science and Interventions***. If the number of application activity hours completed for this module exceeds the prescribed requirement, the additional hours accrued may be counted toward the flexible application activity requirement. Select activities that fit your individual learning needs and interests from the options outlined below. While many activities may be completed independently, recall that at least 1 hour of group collaboration for each module is strongly encouraged.

/ COLLABORATIVE /

Discussion of Virtual Module 5 Content (Credit = up to 1 hour for every 2–4 units covered)

Collaborative

M5U1, M5U2, M5U3

- Activity: For every 2–4 virtual units delivered within a module, faculty or learners may host a review session to further discuss and synthesize LMMSC content.
- Submission: Attest to completion (including date and actual time spent) and upload a summary of what was covered (~1 paragraph). Identify at least one clinically or personally relevant insight that was gained or reinforced through the activity.

Module 5 Journal Club (Credit = up to 1.5 hours per journal article)

Collaborative

M5U1, M5U2, M5U3

- Activity: Faculty or learners may lead a journal club reviewing a lifestyle medicine-related research article that directly applies to the content presented in this module. Articles may be selected from the references listed within the virtual module or elsewhere (so long as they are topically relevant). Consider using this [model for journal club presentations](#), or other similar methodologies as currently employed by your program/institution. Time spent preparing for the journal club discussion (e.g., reading the article or creating a presentation) may be counted toward overall activity credit.



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- Submission: Attest to completion (including date and actual time spent) and upload a synopsis of the journal article (~1 paragraph), along with the citation. Please include your personal conclusions regarding the applicability of the lifestyle-based interventions addressed in the article to your practice/patient population.

Sleep Interview (Credit = up to 1 hour)

Collaborative

M5U1, M5U2, M5U3

- Activity: Interview a family member, friend, or colleague about their sleep. Practice lifestyle medicine-based interventions such as motivational interviewing and sleep hygiene education to assist them in improving their sleep. Complete the following assessments during the interview:
 - [ACLM LLU Lifestyle Medicine Assessment Long Form](#) (sleep-specific assessment on page 2; form can also be found on the LMMSC "Resources" landing page under the "Curriculum Description & Resources" heading)
 - [STOP-BANG](#)
 - [Epworth Sleepiness Scale](#)
- Submission: Attest to completion (including date and actual time spent) and upload a summary (~1 paragraph) of your interview. Identify at least one clinically or personally relevant insight that was gained or reinforced through the activity.

/ COLLABORATIVE OR INDEPENDENT /

Sleep Hygiene Handout (Credit = up to 1 hour)

Collaborative or Independent

M5U1, M5U2, M5U3

- Activity: Create a handout or electronic medical records (EMR) tool that can be used to educate patients about healthy sleep practices. Consider reviewing the following resources:
 - Sleep Tips videos from [LifestyleFacts.org](#):
 - [Sleep 101: Sleep Tips \(Part 1\)](#)
 - [Sleep 101: Sleep Tips \(Part 2\)](#)
 - [Healthy Sleep Habits](#) from [SleepFoundation.org](#)
- Submission: Attest to completion (including date and actual time spent) and upload a copy of the handout/EMR tool.



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Sleep Expert Perspective (Credit = up to 1.5 hours)

Collaborative or Independent

M5U1, M5U2, M5U3

- Activity: Listen to the three-part series of “The Drive” podcast, in which host, Peter Attia, MD, interviews Matthew Walker, PhD, sleep expert and author of the book *Why We Sleep: Unlocking the Power of Sleep and Dreams*:
 - [Part 1: Dangers of poor sleep, Alzheimer’s risk, mental health, memory consolidation, and more](#)
 - [Part 2: Heart disease, cancer, sexual function, and the causes of sleep disruption \(and tips to correct it\)](#)
 - [Part 3: The penetrating effects of poor sleep from metabolism to performance to genetics, and the impact of caffeine, alcohol, THC, and CBD on sleep](#)
- Submission: Attest to participation (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.

/ INDEPENDENT /

Lifestyle Medicine Primer: Sleep (Credit = up to 0.5 hours)

Independent

M5U1, M5U2, M5U3

- Activity: Review the following article from [A Family Physician’s Introduction to Lifestyle Medicine](#), a supplement to *The Journal of Family Practice* (which can be found on the LMMSC “Resources” landing page under the “Curriculum Description & Resources” heading):
 - “Sleep and Health – A Lifestyle Medicine Approach”
- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through your reading.



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Sleep Medicine Specialist Shadowing or Rotation (Credit = up to 2.5 hours)

Independent

M5U1, M5U2, M5U3

- Activity: Shadow or rotate with a sleep medicine specialist or practitioner trained in cognitive behavioral therapy for insomnia (CBT-I; consider contacting a provider who is working with one of your patients). Investigate/discuss the following:
 - Ask about their educational background (school attended, degree obtained), specialty certification/fellowships completed, years of experience, and particular areas of interest.
 - Ask what would be helpful for all clinicians to know or understand about common sleep-related disorders.
 - Identify lifestyle-based treatment modalities that you can teach or prescribe to patients for conditions that you encounter frequently.
- Submission: Attest to participation (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.

Sleep Diary (Credit = up to 2.5 hours)

Independent

M5U1

- Activity: Track your sleep patterns for 2 weeks using the National Sleep Foundation's [Sleep Diary](#). You may also consider tracking sleep parameters using a smart device such as FitBit, Apple Watch, etc. Commonly used sleep tracking apps for smart devices include Sleep Cycle, SleepScore, Sleep as Android, Sleep++, Sleep Better, Sleep Time, Smart Sleep Manager, Good Night's Sleep Alarm, SleepBot. At the end of 2 weeks, review your sleep diary and answer the following questions:
 - How much sleep do you get per night on average?
 - What patterns do you notice in your sleep?
 - How tired do you feel when you lay down for the night?
 - How rested do you feel when you wake up?
 - Do you go to sleep and wake up within two hours of the same time every day, including the weekends?
 - How does electronics use before bed, alcohol or caffeine consumption, or exercise impact your sleep quality?
 - Identify steps you can take to improve your sleep.



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- Submission: Attest to completion (including date and actual time spent) and upload your completed 2-week sleep diary along with brief responses (~1 paragraph) to the prompts above.

Review of Sleep Disorders and Treatments (Credit = up to 2 hours)

Independent

M5U2, M5U3

- Activity: Review online content for sleep disorders and treatments from the [Sleep Foundation](#). Topic headings to consider for review:
 - [Insomnia](#)
 - [Sleep-Related Breathing Disorders](#)
 - [Parasomnias](#)
 - [Hypersomnia](#)
 - [Circadian Rhythm Sleep Disorders](#)
 - [Sleep-Related Movement Disorders](#)
 - [Sleeping Pills: Medications & Prescription Sleep Aids](#)
 - [Cognitive Behavioral Therapy for Insomnia \(CBT-I\)](#)
- Submission: Attest to completion (including date and actual time spent) and upload a summary (~1 paragraph) of reviewed content. Identify at least one clinically or personally relevant insight that was gained or reinforced through the activity.

