

Office of Continuing Medical Education
School of Medicine/Health Sciences Center
State University of New York at Stony Brook

REFERENCE LISTS/EVIDENCE BASED MEDICINE

Title of Program: Department of Psychiatry Grand Rounds
Presenter's Name: Mason Chacko, MD, Chetan Chauhan, MD, Jaclyn Chua, DO, Zu Fashan, MD, Tahsin Hasan, MD, Jisoo Kim, DO & Katherine Pan, MD
Title of Presentation: Evaluation & Management of Insomnia in the Outpatient Setting
Date of Presentation: June 5, 2018

Please provide a short list of references for your presentation including evidence based citations for practice recommendations [use additional sheet if needed].

Winkelman JW. Clinical Practice. Insomnia Disorder.
N Engl J Med. 2015; 373(15):1437-44

Sadock BJ, Sadock VA, Ruiz P. Normal sleep and sleep-wake
Disorders. In Synopsis of Psychiatry. 11th ed. Philadelphia, PA;
Wolters Kluwer; 2015; 533-563.

Evidence based medicine is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research.

—David Sacket [and others] Evidence based medicine: what it is and what it isn't. *BMJ* 1996; 312: 71-2

Practice Recommendations

Practice recommendations are statements, supported by evidence, that guide physicians in making choices about specific practice behaviors. Practice recommendations must be consistent with the results of a systematic review of evidence conducted by a recognized evidence based medicine (EBM) source and consistent with the clinical content of the CME activity.