Objectives:
1. Identify at least two ways that insufficient or poor sleep can contribute to obesity and chronic disease risk.
2. Discuss at least two causes of sleep problems.
3. Summarize at least two approaches that dietitians and other healthcare providers can share with patients and clients that have been shown to reduce sleep problems.

Learning Outcome:
At the end of this session, participants will be able to state increased knowledge about the effects of sleep problems on chronic disease risk and management and retain takeaway examples of sleep hygiene best practices.