

**Learning Activity:**

<b>LEARNING OBJECTIVES</b>	<b>EXPANDED CONTENT OUTLINE</b>
1. The learner will be aware of a high prevalence of IMA use and the facilitators and barriers for IMA use in adults with sleep disorders.	The three most perceivably efficacious integrative medicine approaches; The top three facilitators and the top three barriers to the use of integrative medicine approaches.
2. The learner will be able to apply the study results for directing health policy.	The three most perceivably efficacious integrative medicine approaches; The top three facilitators and the top three barriers to the use of integrative medicine approaches.