

2nd International Conference on **Sleep Disorders, Medicine & Integrative Medicine**

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What we learn from examining global sleep health

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The utility of salvia collection of Melatonin in the measurement of Circadian Rhythms. This oral presentation will address the current use of salvia collection of Melatonin. The sensitivities and specificities will be reported from a number of laboratories. The presentation will then describe the various research aims and projects using the salvia collection of Melatonin measure. Results from the author's pilot study will be presented.

Biography

Kathy sexton-Radek has received her doctorate of Philosophy degree from Illinois institute of technology in 1989 and interned at Rush Medical University 1988-1989 in sleep Medicine, Behavioural Medicine, Geriatric Medicine and Health Psychology rotations. Currently, she is working as professor in Elmhurst College, Psychology Department since 1988. She received her board certification in Behavioural Sleep Medicine. She completed two-years –Doctorate certificate program in Clinical Psychopharmacology which included a yearlong preceptor ship with psychiatry and pulmonary rotation.

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