

2<sup>nd</sup> International Conference on**Sleep Disorders, Medicine & Integrative Medicine**

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**The Sleep-Mood Interfact****Colin M Shapiro**

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Depression and sleep disorders are closely linked. Depression results in poor quality of life and increases the risk of suicide. Untreated sleep disorders lead to early-onset dementia and worsen outcome in medical illness. Further, untreated sleep disorders substantially increase the risk of developing new onset depression, promotes recurrence of remitted depression and gives rise to treatment-resistant depression. Notably, poor sleep is a risk factor for suicide, even in the absence of depression. Primary care physicians have a poor track record of detecting depression and screening for sleep disorders. This unmet medical need underscores the requirement for novel diagnostic technology employing biological markers to detect depression and sleep disorders. Such innovative techniques have recently been unveiled, and their benefits include: 1. The ability to simultaneously screen for depression and sleep disorders; 2. The convenience of in-home diagnostic testing; 3. Cloud-based computerized algorithms to ensure quick dissemination of test results; 4. The ability to test several individuals simultaneously thereby avoiding long wait-lists; and, 5. The low cost of testing with this technology is paramount given the dwindling healthcare resources. This technology represents a promising development to improve the detection of depression and sleep disorders across all age-groups.

**Biography**

Dr. Colin Shapiro has been involved in sleep research for over thirty years. He trained in medicine in South Africa subsequently doing his PhD in sleep physiology at the University of Edinburgh. Dr. Shapiro founded the British Sleep Society and the International Neuropsychiatry Association. Dr. Shapiro has over 300 publications in this field and a over a dozen books including a book on Forensic aspects of sleep and several books for the lay public including "Fighting Fatigue and Sleepiness", and very recently "Insomnia in a nutshell" He also co-authored "Working the Shift" and children's book "Who needs to sleep anyway".

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