

**Annual Summit on**

# **Sleep Disorders & Medicine**

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### **Alternative Therapies for Sleep Enhancement with Hands-On Experience of the Deep Relaxation Technique**

Sleep is said to restore body functions by promotion protein anabolism and enhancing immune functions. However, certain physiological and psychological conditions deprive mankind of this sleep and that further leads to problems such as impaired day time functioning, increased accidents, decreased workplace productivity, difficulty in controlling emotions, increased insulin resistance and risk of obesity. Generally prescription medications are used to overcome such sleep problems. However, most of those medicines don't address the root cause and can also have side effects. Complementary and alternative approaches on the other hand may prove to be comparatively more effective without any side effects. This workshop aims to give its participants an idea of the wide array of alternative techniques that are available to enhance sleep. We would be looking at nutritional interventions, herbs and essential oils, acupuncture, bright light therapy, cognitive behavioral therapy, homeopathic remedies and Yoga. Participants of this workshop would be taken through a hands-on experience of the deep relaxation technique towards the end of the workshop.

#### **Biography**

Kavitha Palaniappan has completed her PhD in the field of Environmental Health Engineering at the age of 29 years from Sri Ramachandra Medical University, India. She also holds a bachelor's degree in Alternative Systems of Medicines from India. She has been working as Occupational Health lecturer at the University of Newcastle, Singapore for the past 5 years. Her research interests include lead exposure and its impacts in children including clinical, neurobehavioral and genetic changes. She is currently involved in research in the field of mental health of foreign workers at Singapore and has published more than 15 papers in reputed journals.

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