

3<sup>rd</sup> International Conference on

# NEUROPSYCHIATRY AND SLEEP MEDICINE

8<sup>th</sup> International Conference on

# NEUROLOGY AND BRAIN DISORDERS

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### Practical approach to the diagnosis and management of sleep disorders in psychiatry patients

Despite remarkable progress in field of Sleep Medicine in past century, establishment of sleep medicine practice in mental health disorders remain sketchy and elusive. Practice of sleep medicine is not been routinely implemented by mental health providers. Initiation of insomnia disorder in Diagnostic and Statistical Manual of Mental Disorders, greater emphasis has been placed on the diagnosis and treatment of sleep disorder even in the presence of a coexisting mental disorder. Clinicians treating psychiatric patients should view sleep disorder as a symptom of their primary disorder. Patients should be educated and treated with sleep disorders along with mental illness with greater emphasis on cognitive and behavioral interventions for insomnia. Insomnia is defined as difficulty falling and sustaining sleep. Patient who treated with insomnia must be evaluated with newer technology rather than base on history and perception. There is greater need for objectivity in treatment of insomnia. The current presentation is intended to help clinician to recognize and treat during routine clinical practice to improve outcome of their patients. Presentation will evaluate current state of management of sleep disorders Normal Sleep Pattern in children.

- Why do we sleep?
- Normal Sleep Pattern ,
- Importance of quantitative and quality of sleep
- Complex Interrelation between sleep and psychiatry disorders
- Different types of sleep disorders in psychiatry conditions, their evaluation and management
- Discussion insomnia, paradoxical insomnia hyperactive mind and need of objective data for evaluation
- Use of newer technology in diagnosis and treatment of Insomnia
- Obstructive sleep apnea, RLS, PLMD disorder , circadian rhythm disorders needs to be evaluated and treated
- Why should we include evaluation for sleep disorders in psychiatry patients assessment

### Biography

Mayank Shukla, Founder and CEO, Harmony Center NY, Allergy Asthma Sleep Center. He is highly motivated, high-performing, innovative, inspirational, award-winning physician specializing in Sleep Disorders, neurofeedback, cognitive therapy for insomnia, neurostimulation, relaxation therapy, Asthma, Pediatric Pulmonary Medicine and Sleep Medicine. He created several successful clinical programs with improved outcomes in the field of Pulmonary and Sleep Medicine. He has been featured in NY times, NY Times magazine, NY post and NY India Times. He has been awarded for Top Doctors by Castle Connolly for 2018. He has awarded 42 times as Best/Top Pulmonary and Sleep Physicians by peers and patients. He is highly recognized for his work for Sleep and Pulmonary Medicine and is an excellent speaker. He has given several national and international talks on Pulmonary Critical care and sleep disorders. He has been the speaker for several Pharmaceutical companies.

### Notes:

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