

## 日本睡眠学会国際交流事業による国際フォーラムのお知らせ

2016年7月7日～8日に開かれる日本睡眠学会第41回定期学術集会には、ピッツバーグ睡眠質問票を作成し、不眠と精神疾患について幅広い研究をされている米国 University of Pittsburgh School of Medicine の Daniel Buysse 教授、うつ病の覚醒（断眠）療法や時間生物学的治療法の研究をされているイタリア University Vita-Salute San Raffaele の Francesco Benedetti 教授が来日されます。

せっかくの機会なので精神科医として睡眠研究を続けておられる2人をお迎えして、お話を聞き、精神医学における睡眠研究について考えたいと思います。奮ってご参加ください。（文責：内山真）

日本睡眠学会 国際交流事業による国際フォーラム

日本における睡眠精神医学の立ち上げ Launching Sleep Psychiatry in Japan

日時：2016年7月9日 10:00~13:30

場所：秋葉原コンベンションホール

参加費無料、日本睡眠学会の会員以外の方も参加できます。

開会 井上雄一（東京医科大学）

1. 睡眠は精神的健康をもたらすか？

座長 渡辺範雄（京都大学） 千葉 茂（旭川医科大学）

Topic 降旗隆二（日本大学）、小曾根基裕（東京慈恵会医科大学）

阿部又一郎（東京医科歯科大学）

Key note lecture 1: Sleep and Depression: Past, Present, Future

Daniel Buysse（University of Pittsburgh School of Medicine）

Coffee break

2. 覚醒は抗うつ効果を持つか？

座長 神林 崇（秋田大学） 角谷 寛（滋賀医科大学）

Topic 吉池卓也（滋賀医科大学）、鈴木正泰（日本大学）

岡 靖哲（愛媛大学）

Key note lecture 2: Chronotherapeutics of Affective Disorders

Francesco Benedetti（University Vita-Salute San Raffaele）

3. 精神医学における睡眠研究をいかに推進するか？

座長 尾崎紀夫（名古屋大学） 清水徹男（秋田大学）

パネルディスカッション

閉会 伊藤 洋（東京慈恵会医科大学）

立食&自由討論

主催：日本睡眠学会睡眠研究基金委員会、日本睡眠学会国際交流委員会

## **Sleep and Depression: Past, Present, Future**

Daniel Buysse

University of Pittsburgh School of Medicine, Pittsburgh, USA

The relationship between sleep and depression has been recognized for centuries, and has been the topic of scientific investigation for nearly 50 years. What have we learned about these relationships? This lecture will focus on 3 specific topics. First, we will review the complex and bidirectional risk relationships between sleep and depression, focusing on epidemiological studies. Second, we will review neurobiological findings that link sleep and depression, focusing on polysomnographic and functional imaging studies. Third, we will review how treatment of sleep problems can influence mood symptoms and mood disorders, focusing on cognitive behavioral treatments. Future studies can use findings from each of these areas to better understand the causes of mood disorders and to improve treatment.

## **Chronotherapeutics of affective disorders**

Francesco Benedetti

Scientific Institute Ospedale San Raffaele & University Vita-Salute, Milano, Italy

Psychiatric chronotherapeutics is the controlled exposure to environmental stimuli that act on biological rhythms in order to achieve therapeutic effects in the treatment of psychiatric conditions. In recent years some techniques (light therapy and wake therapy, in the form of total or partial sleep deprivation, or sleep phase advance) have passed the experimental phase and reached the status of affordable interventions for the everyday clinical practice. These techniques target the same brain neurotransmitter systems and the same brain areas as do antidepressant drugs, and should be administered under careful medical supervision. Their effects are rapid and transient, but can be stabilised by combining techniques among themselves or together with common drug treatments, such as lithium salts.

Antidepressant chronotherapeutics targets the broadly defined depressive syndrome, with response and relapse rates similar to those obtained with antidepressant drugs, and good results are obtained in difficult-to-treat conditions such as acutely suicidal bipolar depression. Chronotherapeutics offers then a benign alternative to more radical treatments for severe depression on psychiatric wards, giving to the patients similar rates of response but with the advantage of rapidity of onset and lack of side effects, and it has been proven to be feasible and effective in outpatient settings.