d v op nt and pro r ss on of D s s p opu at on stud s av obs rv d a -s ap d r at ons p b tw n s p durat on and D r s t os w o s f-r port ab tu- a y s p n ss t an ours or or t an ours ar at ncr as d r s [13] D cr as d nsu n s ns t v ty du to s ort s p durat on s obs rv d a on pat nts and n abora- tory stud s [13] Furt r or w n s p t s xt nd d n s ort s p rs nsu n s ns t v ty prov s

SLEEP AND IMMUNITY/INFLAMMATION

oor un status and ncr as d n a at on ar a so assoc at d w t poor quant ty or qua ty of s p Th r ar no c ar stud s nd cat n w t r n a at on caus s poor s p or t r v rs How v r t co b nat on of poor un status and ncr as d n a at on puts pat nts at r s for poor s p and poor a t It s appropr at for t un syst to b turn d on n t s tt n of nf c- t on or n ss but n a at on ay b obs rv d w n t un syst s tr r d It s ncr as n y appr c at d t at f sty pract c s sp c a y poor s p d r ct y pact

r spons b t s w n wou d you pr f r to o to s p? you ar st n n for t os w o pr f r ar y b dt ' s or t os w o pr f r to o to b d at ' dn t or at r It s t ' s- 'atc b tw n t body s pr f rr d b dt ' and sc du n d ' ands t at s caus n t s p prob '

Eat n patt rns and food c o c s n u nc ov ra a t as w as s p a t Ind v dua s consu ' n an xc ss v nu ' b r of ca or s r ports orts p t ' and qua ty [3] Con- c ntrat d carbo ydrat s suc as su ars ust ca n act as st ' u ants on t body n u nc n a w d ran of n u- rotrans ' tt r s f t n t at ' a s t ab ty to f a as p and stay as p ' or d cu t Ind v dua var anc n food to r- anc suc as sp cy foods and da ry a so ' pacts t ab ty to p ys ca y b soot d to b ab to s p Lar ' a s at n c os to b dt ' typ ca y d srupt s p ons t and or s p qua ty As d scuss d ar r poor s p cr at s t or ' ona and n uroc ' ca bas s for food crav n s A a n w s t v c ous cyc of poor s p ad n to bot ov rconsu ' pt on and poor food c o c s ' t n r storat v s p

p y n ssu s suc as d pr v n on s f of s p to n oy n tt ' act v t s and t us of ctron cs at nto t n t can cr at s p d cu t s t at pat nts ' ay b w n to ' od fy

TREATMENT OF INSOMNIA

Th parad ' of t rapy starts w t t o o y co ' orb d nso ' - n a du to anot r s p d sord r or a ' d ca d sord r t at r qu r s tr at ' nt of t und r y n proc ss or t ' or co ' ' on psyc op ys o o c nso ' n a r qu r n co n t v and b av ora approac s Co n t v b av ora t rapy for nso ' n a (CB -I) w c s a w - stab s d v d nc - bas d and cac ous tr at ' nt for nso ' n a - s co ' - ' on y pr scr b d for d pr ss on How v r c n ca tr a s av s own t st ' ost ct v on -t r ' so ut on for t os w t nso ' n a at nts a r ady on a pr scr b d s p a d can b tap r d o t dru and start d on CB -I concurr nt y

Th pos t v cts of CB -I on s p qua ty ar robust ov r t ' '' CB -I as b n found to b f f ca- c ous n popu at ons w t a var ty of co ' orb d ' d ca con- d t ons nc ud n co ' orb d nso ' n a [3] co ' orb d psyc - atr c cond t ons and c ron c pa n -

CB -I ps d nt fy t n at v att tud s and b fs t at nd r s p and r p ac st ' w t pos t v t ou ts ct v y un arn n t n at v b fs Th b av ora asp ct of CB -I focus s on pfu s p ab ts and avo d n un pfu s p b av ors B av ora t c n qu s CB -I ov r a p r od of - w y s ss ons for ' ost adu ts n t r nd v dua z d- or roup-bas d ad ' n strat on of CB -I av b n s own to b ct v ' y t t s t c n qu s ar r at y und rut z d n co ' par son to p ar ' aco o c approac s Th r s an app ca d CB -I Coac t at s bot v d nc -bas d and ava ab at no cost Mor r c nt y d ta co n t v b av ora t rapy for nso ' n a was s own to pro ' ot at r a t r s nc dur n t coro- nav rus pand ' c

LIFESTYLE AS TREATMENT

d t patt rns and d p nd s n cant y on t d st v and
tabo c functions of ac nd v dua Mor ov r nutr t on
can s n cant y a ct t or on s and n a at on sta-

3 A rst dt Fr d und G b r M Jansson B A prosp ct v study of fata occupat ona acc d nts r at ons p to s p n d cu t s and occupat ona factors J **Sleep Res** ( ) -1 do

33 Lau sand LE trand LB att n LJ Jansz y I B rn aard JH Inso n a sy pto s and r s for un nt nt ona fata n ur s t H tudy **Sleep** 3 ( ) - 1 do s p

3 Bo v n DB Boudr au I pacts of s ft wor on s p and c rcad an r yt s **Pathol Biol (Paris)** ( ) -31 do patb o

3 Do za BA uf d E Bo and DM Mart n JL Coop r CB Int rr at ons p b - tw n s p and x rc s a syst at c r v w **Adv Prev Med** 1 3 1 3 do 1 3 3

3 Gr r M Go dst n A a r M Th pact of s p d pr vat on on food d - s r n t u an bra n **Nat Commun** 3 do 3 nco s3

3 asc B Born J About s p s ro n ory **Physiol Rev** 3 3( ) 1 - do p ysr v 3

3 r anta ou a b Latt EG Mo r DC Kord n K at ons p b tw n s p qua ty and ood co o ca o ntary ass ss nt atudy **JMIR Ment Health** (3) 1 3 do 1 1 3

3 atson F p durat on a cons nsus conf r nc **J Clin Sleep Med** ( ) - do cs 3

Anco -Isra ot C aract r st cs of nso n a n t n t d tat s r su ts of t at ona p Foundat on urv y I **Sleep** upp 3 - 3 3

oc at p r ss J Isra AG Anco -Isra Inso n a n pr ary car pat nts **Sleep** upp 3 - 3

M n r GD Ba t r MB n ut EH Inso n a and ts tr at nt r va- nc and corr at s **Arch Gen Psychiatry** (3) - 3 do arc - psyd