

Department of Psychophysiology

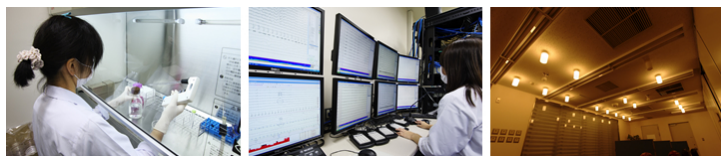
Sleep Research and Sleep Medicine in NCNP

Our epidemiological studies have revealed;

- **One out of four** Japanese have sleep problems
- **Two out of three** demented patients have sleep disorders
- **Huge capital loss** caused by sleep debt and sleep disorders (40-billion-dollar economic loss per year)
- **High comorbidity of sleep problems** among mental/physical disorders causing depression, suicide and lifestyle disease
- **Actual status of sleep medication** in Japan

Our clinical studies have developed;

- **Pharmaco- & chronotherapies** for sleep disorders
- **Diagnostic & therapeutic guidelines** for sleep disorders
- **Clinical guidelines** for proper usage of sedatives/hypnotics.
- **Multi-center network** for sleep research & sleep medicine
- **Sleep hygiene program** in national project "Health Japan 21"

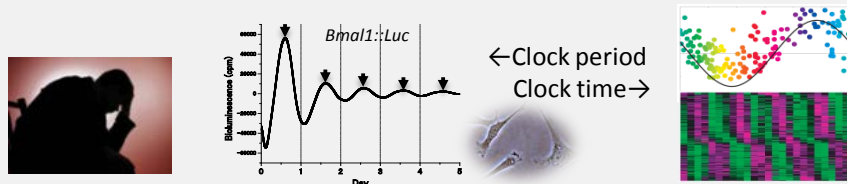


Our goal is;

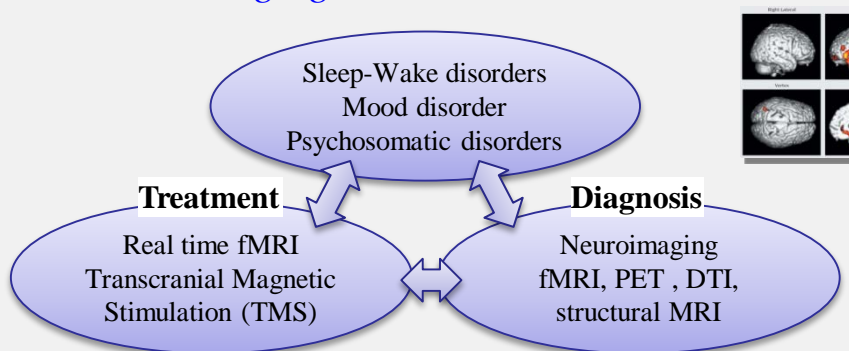
- Innovation in diagnostic and therapeutic skills for sleep & mental disorders
- Customization of sleep medicine and sleep hygiene
- Establishment of bio-resource repositories of sleep & circadian rhythm researchers

Our basic studies have achieved;

- **Progress in physiological mechanism** of sleep and clock regulation
- **Progress in pathophysiology** of sleep-wake disorders
- **Molecular diagnostic system** for sleep & circadian disturbances



Our neuroimaging studies have tackled;



Better Sleep Better Life

