

Session Title: Mastering the Circadian Rhythm for Mind-Body Wellbeing: From Technology to Therapy

Summary

Circadian rhythm disruption underlies the pathophysiology of psychiatric disorders, especially depression. Both pharmacological and non-pharmacological strategies affecting endogenous circadian rhythms have been developed with specificity to alter the circadian dysfunction. The current management strategy with antidepressants is far from being satisfactory in addressing this issue. In recent years, attempts at discovering new antidepressants focused on a melatonergic system which is known to be altered in depression have led to a potential option for treatment of depression. Indeed, the new is arriving. With the Information Communication Technology (ICT), brain scientists can now apply various wearable devices to collect real-time, continuous, objective and dynamic data and to compute the complexity of human emotion, cognition, behaviors, and circadian physiology with the advantage of artificial intelligence (AI) in a revolutionary way.