Recent advances in electro-digital approaches for better sleep and mood

Sleep and mood are fundamentally interconnected, exerting reciprocal influences that profoundly affect mental health. This symposium addresses the urgent need for pioneering electroceutical medicine and digital therapeutic interventions in this area, acknowledging the vast potential these approaches offer for enhancing therapeutic outcomes. Electroceutical medicine, which involves using hardware devices to modulate the body's nervous system, has shown promise in treating a variety of conditions that affect mood and sleep. Similarly, digital therapeutics—software-driven evidence-based interventions—have emerged as vital tools in managing and improving patient health in a personalized manner.

By incorporating innovative photobiomodulation techniques, which use light as a therapeutic tool to improve cellular function and health, alongside advanced digital health tools and sophisticated mathematical models, this session is set to reveal novel avenues for tailored medical treatment and enhanced patient care. The convergence of electroceutical approaches and digital therapeutics in sleep and mood disorders offers new insights into their complex interactions and potential therapeutic strategies. These advancements are crucial for the development of effective, personalized treatment protocols that can adapt to the unique biological and psychological profiles of each patient.