

192nd WPI-IIIS Seminar

The modulation of brain plasticity by sleep deprivation in mood disorders

Alternative strategies to overcome major unsolved problems, including suboptimal efficacy rates and delayed onset of action, are urgently required in the treatment of mood disorders. Wake therapy (sleep deprivation) offers a strategy that addresses these shortcomings and supposedly exerts its rapid antidepressant effects through modifying the homeostatic and circadian bases of mood, ultimately enhancing plasticity in mood-regulating circuits. Unveiling the mechanisms of how wake therapy modulates brain plasticity to achieve clinical benefits may provide a foundation for understanding key aspects of the pathophysiology of mood disorders.



Dr. Takuya Yoshiike

Department of Sleep-Wake Disorders
National Institute of Mental Health,
National Center of Neurology and Psychiatry

Date: **Wednesday, January 17, 2024**

Time: **11:00 – 12:00**

Venue: **1F Auditorium, IIIS Building**

*** On-site participation only**



Contact: International Institute for Integrative Sleep Medicine, University of Tsukuba
029-853-5857 (ext.5857) | wpi-iiis-alliance@ml.cc.tsukuba.ac.jp