

Keynote talk – Health benefits of improving sleep and circadian disruption

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My talk will provide an overview of recent evidence demonstrating health benefits of improving sleep and circadian disruption. There will be a focus on impacts on life expectancy, cognitive function, mental health and cardiometabolic outcomes, such as myocardial infarction and diabetes. I will highlight the benefits of Mendelian randomisation as a technique to better understand causal relationships and the importance of clinical trials testing the effects of interventions on sleep and circadian disruption. There will be some comments about developing the research agenda and raising awareness of the importance of sleep and circadian health relevant to governments and employers.