

Mental disorders will be the number one health burden of our society worldwide in 2030. Fragmented sleep is key to the mechanisms underlying disturbed emotion regulation. Indeed, fragmented sleep is also known to be a transdiagnostic factor determining the risk, severity, chronicity and relapse of mental problems. Fortunately, treatment for insomnia using CBT-I has large effects and lowers the incidence of future onset of depression. Focussing on the neurobiology and mechanistic links, this presentation will shed light on how interventions reducing sleep fragmentation not only treats insomnia, but may additionally help prevent mental health derailments.