



UNIVERSITY
of NICOSIA

MEDICAL SCHOOL

INVITATION

THE INTERFACE OF SLEEP MEDICINE TO PSYCHIATRY

Guest Speaker: CONSTANTIN SOLDATOS, Professor of Psychiatry

Introduction by: Prof Pavlos Kymissis, Chair of Department of Psychiatry, UNIC Medical School

Date: Thursday, 21 September 2017

Time: 18:00—19:30

Venue: University of Nicosia Medical School, Block B, Lecture Room

Summary:

The advent of the psychophysiological study of sleep, which started in the mid 50's, allowed the scientific approach of disturbed sleep in most psychiatric disorders as well as that of the presence /role of psychopathology in the course of various sleep disorders. Insomnia and other sleep-wake cycle disturbances are among the cardinal symptoms of many psychiatric disorders, while polysomnographic findings in patients suffering from these disorders reveal underlying psychophysiological mechanisms which may have both disorder-specific and trans-diagnostic characteristics. The extensive study of psychopathology in various sleep disorders resulted in identifying its mainly primary causative nature for some of them (insomnia, nightmares, night terrors) and its secondary occurrence as a consequence of the physical problems in some others (narcolepsy, sleep apnea, REM behavior disorder).

About the Speaker:

Professor Soldatos graduated from the Athens University Medical School, where he had subsequently his specialty training in Neurology and Psychiatry (1964-1967). In 1967 he completed his Doctorate Thesis and in 1989 his Dozent Thesis at the University of Athens Medical School. He also trained for one year (1973-1974) in Clinical EEG at the University of Manitoba Medical School, Winnipeg, Canada.

For the last 50 years, he has served in the faculty of Departments of Psychiatry at the University of Athens, Pennsylvania State University and New York Medical College. During his academic career, he became Associate Director of the Sleep Research and Treatment Center at Pennsylvania State University, Director of the Sleep Research Unit and Sleep Disorders Center at Athens University, Chairman of the 2nd Department of Psychiatry (Attikon Hospital) as well as for the 1st Department of Psychiatry (Eginition Hospital) at the University of Athens. He is currently Emeritus Professor of Psychiatry and Director of the Mental Health Care Unit at the Evgenidion Hospital of the University of Athens.

Over the years he has been Chairman of the Committee for Mental Health of the Central Health Council of Greece and Member of many other Committees of national and international Organizations. He was President of the International Neuropsychiatric Association (I.N.A) from 2006 to 2008 and of the World Federation of Societies of Biological Psychiatry (WFSBP) from 2013 to 2015, as well as of six other scientific societies in Greece and abroad.



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