Title: Thinking about the interactions between sleep, mood and cognition

Objectives

1. Look at cognition and cognitive symptoms as a critical dimension of treatment to return patients to functional recovery. The relation of sleep and sleep disruption to cognition will be briefly reviewed.
2. Adopt a pro-cognitive approach to treating mood disorders both psychologically and pharmacologically. The concept of sedative medications for sleep can compromise cognition will be discussed.
3. Understand the role of common co-morbid sleep disorders that can affect cognition in mood disorders