

**IS10****Start by taking care of yourself**

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In the medical profession, every patient that comes knocking on our door needs to be assessed and treated, no exceptions. This requires us to give away parts of ourselves to others, but is also one of the reasons why we often forget to consider our own well-being in the process. How often do we advise our patients on how to live a healthy and fulfilling life, but at the same time don't give ourselves time and opportunities to do the same? We often feel that our value is recognized only through our academic and professional achievements. Rarely do we ever bring into question our own health as it's become common to consider it as part of the sacrifices that are made to succeed as a physician. So, do we adequately take care of our own health? Mental health awareness is crucial to our calling as the ever growing demands and expectations of our field are a burden that not only do we struggle with in our work life but also carry into our personal lives. More often than not, this repeated cycle takes its toll and prevents us from fulfilling our duty, but also affects our personal lives. How do we deal with the ensuing disappointment and dissatisfaction or the success without the following gratification leaving us feeling empty, questioning the point of everything? By simply asking ourselves this question means we're finally ready to take action and prioritise our mental health through properly maintained mental hygiene, for as many as there are ways to disrupt and decompensate our mental health, there are countless more to improve and nurture it. So, let's finally roll those dice and see where taking action gets us.

**IS11****Sleep disorders as risk factors for mental disorders**

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Observed from an evolutionary perspective, time spent in sleep is extremely dangerous due to exposure to various threats. Today, sleep can be seen as a time of isolation, rest, and mental and physical recovery. Modern man, overwhelmed by information available through social networks and physically inactive, faces a series of sleep disorders that disturb his health. The importance of sleep disorders as risk factors for the development of psychological disorders will be shown through life-span and transdiagnostics, all with the aim of emphasizing adequate sleep in achieving a fruitful life.

