Over 30% of Americans suffer from chronic insomnia, while approximately 60 million experience challenges falling asleep in a given year. Meanwhile, every year, nearly 80 million Americans will consult their doctors about their skin. In fact, skin disorders outranked anxiety, depression, back pain, and diabetes as the number one reason Americans see their doctors. And according to the Global Burden of Diseases Study, Europe is not far behind as the study showed that skin diseases were the fourth leading cause of nonfatal disease burden (Hay *et al.*, 2014). Yet, few people understand the profoundly negative impact of **sleep disorders** on **skin health.**

Scientists have uncovered how excess cortisol**,** diminished melatonin and certain immune-signaling imbalances can negatively impact both **sleep** and **skin health.** There is a growing body of compelling data regarding the intersection and underlying mechanisms of sleep disorders and dermatologic conditions including disorders of skin inflammation, aging and skin cancer.

Some of the most interesting and compelling studies revolve around the circadian rhythms of the body and skin in relationship to UV exposure, DNA damage and skin cancer. Skin cancer is the prevalent cancer in the United States and is on the rise worldwide. It is not only a personal health issue, it is a public health issue as it costs billions of dollar a year to diagnose, manage and treat.

I am submitting a proposal to explore how sleep disorders impact skin health, with an emphasis on skin cancer and discuss lifestyle strategies that can help optimize sleep quality as well as decrease the burden of skin disorders and the incidence of skin cancer.