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Developmental pathways towards mood disorders in adult life: is there a role for sleep disturbances?

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**Highlights**

- -Mood disorders rank high among to the leading global burdens of disease.
- -Developmental psychopathology can offer a life course perspective on them thus providing a basis for early prevention and intervention.
- -Sleep disturbances are risk factors for mood disorders across the entire life course and may constitute a developmental pathways towards mood disorders in adult life.
- -Studies revealed that exposure to prenatal/early life stress results in sleep disturbances and may predict or even precipitate mood disorders in adulthood.
- -Chronic sleep disruption may interfere with neuronal plasticity, connectivity and the developing brain thus contributing to the development of mood disorders.
- -Sleep and circadian dysregulations have been shown to be related to those temperaments, character and attachment styles which are considered precursors of mood disorders.
- -Sleep and circadian behaviours may serve as early targets regarding mood disorders.

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