Dr. Giorgos K. Sakkas is Professor of Lifestyle Medicine chair at the Cardiff Metropolitan University in Wales, United Kingdom and an Associate Professor in Clinical Exercise at the Dept of Physical Education and Sport Science at the University of Thessaly. He is a CNHC certified Clinical Hypnotherapist and run a University Clinic supporting students and patients. His research focuses on the effect of non pharmacological approaches on aspects related to quality of life in patients with chronic diseases including those with sleep disorders. He uses a multidisciplinary approach to tackle his research questions including both physiological and psychological approach.