4-[3-(4-fluorophenyl)-1-methyl-1H-pyrazol-4-yl]-6-[(6-methylpyridin-3-yl)methyl]-6,7-dihydro-5H-pyrrolo[3,4-b]pyridin-5-one.

7. A method for inhibiting CK1 delta or CK1 epsilon activity in a patient comprising the administration of a therapeutically effective amount of an inhibitor of CK1 delta or CK1 epsilon, wherein the inhibitor is a compound of any one of claims 1 to 6, or a pharmaceutically acceptable salt thereof.

8. The method of claim 7 wherein said inhibition of CK1 delta or CK1 epsilon activity results in a lengthening of the circadian rhythm period.

9. A method for treating a neurological and psychiatric disease or disorder in a mammal, which method comprises administering to the mammal a therapeutically effective amount of a compound of any one of claims 1 to 6 or a pharmaceutically acceptable salt thereof.

10. The method of claim 9 wherein the disease or disorder is a mood disorder or a sleep disorder.

11. The method of claim 10 wherein the mood disorder is selected from the group consisting of a depressive disorder and a bipolar disorder.

12. A pharmaceutical composition comprising a compound of any one of claims 1 to 6 or a pharmaceutically acceptable salt thereof, and a pharmaceutically acceptable carrier.

4-[3-(4-fluorophenyl)-1-methyl-1H-pyrazol-4-yl]-6-[(6-methylpyridin-3-yl)methyl]-6,7-dihydro-5H-pyrrolo[3,4-b]pyridin-5-one.

7. An inhibitor of CK1 delta or CK1 epsilon, wherein the inhibitor is a compound of any one of claims 1 to 6, or a pharmaceutically acceptable salt thereof, for use in the treatment of inhibiting CK1 delta or CK1 epsilon activity.

8. Use of an inhibitor of CK1 delta or CK1 epsilon, wherein the inhibitor is a compound of any one of claims 1 to 6, or a pharmaceutically acceptable salt thereof, in the manufacture of a medicament for the treatment of inhibiting CK1 delta or CK1 epsilon activity.

9. The inhibitor according to claim 7 wherein said inhibition of CK1 delta or CK1 epsilon activity results in a lengthening of the circadian rhythm period.

10. The use according to claim 8 wherein said inhibition of CK1 delta or CK1 epsilon activity results in a lengthening of the circadian rhythm period.

11. A compound of any one of claims 1 to 6 or a pharmaceutically acceptable salt thereof for use in the treatment of a neurological and psychiatric disease or disorder.

12. Use of a compound of any one of claims 1 to 6 or a pharmaceutically acceptable salt thereof in the manufacture of a medicament for the treatment of a neurological and psychiatric disease or disorder.

13. The compound according to claim 11 wherein the disease or disorder is a mood disorder or a sleep disorder.

14. The use according to claim 12 wherein the disease or disorder is a mood disorder or a sleep disorder.

15. The compound according to claim 13 wherein the mood disorder is selected from the group consisting of a depressive disorder and a bipolar disorder.

16. The use according to claim 14 wherein the mood disorder is selected from the group consisting of a depressive disorder and a bipolar disorder.

17. A pharmaceutical composition comprising a compound of any one of claims 1 to 6 or a pharmaceutically acceptable salt thereof, and a pharmaceutically acceptable carrier.