



Phone (877) 232-2717

Sleep News & Views

NORTHWEST ALABAMA SLEEP CENTER
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NATIONAL
RECOVERY
MONTH

Prevention Works
Treatment is Effective
People Recover

Depression & Sleep Disorders

The relationship between sleep and depression is complex—depression may cause sleep problems and sleep problems may contribute to depressive disorders. For some, symptoms of depression occur before the onset of sleep problems. For others, sleep issues appear first. Sleep problems and depression may also share risk factors and biological features and can respond to similar treatment plans.

Depression affects people of all ages. Among older adults, higher rates of depression & sleep problems may be explained in part by higher rates of physical illness. Among women, motherhood and hormonal changes (menstration,

menopause) may contribute to higher rates of depression. In both groups, higher rates of depression may be explained by higher rates of insomnia.

Insomnia: Insomnia is very common among depressed patients. Evidence suggests people with insomnia have a ten-fold risk of developing depression compared to those who sleep well. Depressed individuals may suffer from a range of insomnia symptoms, including difficulty falling asleep (sleep onset insomnia), difficulty staying asleep (sleep maintenance insomnia), unrefreshing sleep, and daytime sleepiness. The risk of developing depression is highest among those with both sleep onset and sleep

maintenance insomnia.

Obstructive Sleep Apnea (OSA): OSA is also linked with depression. People with depression are more likely to suffer from sleep-disordered breathing. The good news is that treating OSA with CPAP may improve depression.

Restless Legs Syndrome (RLS): RLS is also associated with depression. According to the Restless Legs Syndrome Foundation, approximately 40% of people with RLS complain of symptoms that would indicate depression if assessed without consideration of a sleep disorder.

Therefore, promote thorough evaluations focused on identifying sleep disorders & depression.

<http://www.sleepfoundation.org>

Reduce Stress, Anxiety & Sleep Soundly

- ☀ **Meditate**
- ☀ **Exercise**
- ☀ **Prioritize a to-do list**

- ☀ **Play music**
- ☀ **Get an adequate amount of sleep**

- ☀ **Talk to someone**
- ☀ **Direct stress and anxiety elsewhere**

Depression & Insomnia. Linked To Nightmares

A study in the journal, *SLEEP*, suggests that **depression and insomnia are the strongest risk factors for having frequent nightmares**. The study involved 13,922 adults. They ranged in age from 25 to 74 years. All of the study subjects answered a series of questions about their health.

Results show that nearly 4 percent of adults had frequent nightmares during the past 30 days. These nightmares were more common in women than in men. People with depression or insomnia had the highest risk. About 17 percent of people with frequent insomnia reported having frequent nightmares. More than 28 percent of those with severe depressive symptoms also had frequent nightmares. Another risk factor for nightmares was exhaustion.

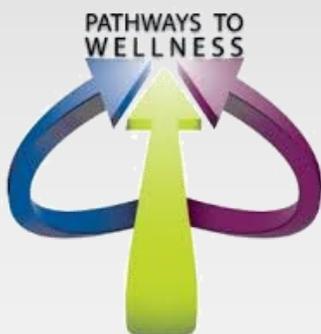
“Our study shows a clear connection between well-being and nightmares,” said lead author Nils Sandman. He is a researcher in the Centre for Cognitive Neuroscience at the University of Turku in Finland.

<http://www.sleepfoundation.org>



Health Risks of Untreated Sleep Apnea

Hypertension
Heart disease
Stroke
Depression
Diabetes
Obesity



PTSD and CPAP Benefits

www.medicalnewstoday.com

A study published in the online supplement of the journal *SLEEP* suggests that CPAP therapy reduces nightmares in veterans with post-traumatic stress disorder (PTSD) and obstructive sleep apnea (OSA).

The study involved a retrospective review of medical records to identify OSA patients who also carried a PTSD diagnosis and were treated in a VA medical center sleep clinic between May 2011 and May 2012. Mean number of nightmares per week before treatment and up to six months

after CPAP prescription were extracted. Treatment compliance was determined from CPAP memory cards.

According to the lead investigator, Sadeka Tamanna, MD, MPH, "One out of six veterans suffers from PTSD, which affects their personal, social and productive life.

Nightmares are one of the major symptoms that affect their daily life, and prevalence of OSA is also high among PTSD patients and can trigger their nightmares."

Results show that the mean

number of nightmares per week fell significantly with CPAP use, and reduced nightmare frequency after starting CPAP was best predicted by CPAP compliance.

According to Dr. Tamanna, "Patients with PTSD get more motivated to use CPAP once they get restful sleep without frequent nightmares, and their compliance improves".

Addressing and treating sleep problems is critically important when managing PTSD.

Tips for Healthy Sleep Habits

Behaviors can have a major impact on sleep and can contribute to sleeplessness. Actions during the day, especially before bedtime, can make it difficult to fall asleep, stay asleep, or get restful sleep. Daily routines— food & beverage choices, medications, daytime schedules, evening routines— can significantly impact quality of sleep. Even a few slight adjustments can, in some cases, mean the difference between sound sleep and a restless night.

The term "sleep hygiene" refers to a series of habits and rituals that can improve the ability to fall asleep and stay asleep. Board certified sleep physicians recommend following a series of common-sense, healthy sleep habits to promote better sleep. These healthy sleep habits are a cornerstone of cognitive behavioral therapy, the most effective long-term treatment for patients with insomnia. CBT-I can help address the detrimental thoughts and behaviors that are preventing good quality sleep. It also includes techniques for stress reduction, relaxation and sleep schedule management.

Sleep specialists recommend the following healthy sleep habits:

- * ***Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.***
- * ***Set a bedtime that is early enough to get at least seven hours of sleep.***
- * ***Don't go to bed unless feeling sleepy.***
- * ***If sleep is not achieved after 20 minutes, get out of bed.***
- * ***Establish relaxing bedtime rituals.***
- * ***Use the bed only for sleep and sex.***
- * ***Make the bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.***
- * ***Limit exposure to light in the evenings.***
- * ***Don't eat a large meal before bedtime. If hungry at night, eat a light, healthy snack.***
- * ***Exercise regularly and maintain a healthy diet.***
- * ***Avoid consuming caffeine in the late afternoon or evening.***
- * ***Avoid consuming alcohol before bedtime.***
- * ***Reduce fluid intake before bedtime.***

www.sleepeducation.com