

**Annual Summit on**

# **Sleep Disorders & Medicine**

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## **Assessment issues related to parasomnia and psychiatric diagnoses**

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Following the structured sleep interview, administration of brief questionnaires (Epworth Sleepiness Scale) and the sleep specialist typically pursues the gathering of information about the chief sleep complaint. Patients with varying levels of awareness into their parasomnia events may present incomplete information about the experiences. This circumstance is further complicated by a patient's emotional wake day state. This presentation will underscore the need to follow-up the initial assessment with questions and perhaps a questionnaire to further investigate potential parasomnia conditions and psychiatric diagnoses that may influence the patient's sleep quality. Two case studies and information about the utility of some measures will be presented.

### **Biography**

Kathy Sexton-Radek has received her Doctorate of Philosophy degree from Illinois Institute of Technology in 1989 and interned at Rush Medical University 1988-1989 in sleep medicine, behavioural medicine, geriatric psychology and health psychology rotations. Currently, she is working as Professor in Elmhurst College, Psychology Department since 1988. She received her board certification in behavioural sleep medicine. She completed a two year Post-doctorate Certificate program in Clinical Psychopharmacology which included a yearlong preceptorship with psychiatry and pulmonary medicine rotation.

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