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Sleep in psychiatric disorders

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Sleep and mental health illness is a two-way stream, both disorders are interlinked to each other. Either sleep disorders contribute to psychiatric illnesses or mental health disorders contribute to sleep issues (vice versa). It's extremely important to understand this interlink to better serve psychiatric patient population. According to DSM 5 most of the psychiatric disorders have Insomnia/hypersomnia as a part of their diagnostic criteria. For example (Mood disorders, Depressive disorders, anxiety disorders, substance use disorders) have been directly interlinked to sleep disorders.

Highlights of presentation will be to understand following concepts.

Prevalence of Insomnia in psychiatric disorders- Insomnia often begins before and remains a residual symptom following major depressive episodes. Insomnia tends to occur with the onset of anxiety disorders. Sleep disturbances are common with anxiety and stress-related disorders and are among the diagnostic criteria options for posttraumatic stress disorder and generalized anxiety disorder. Disturbing and vivid dreams and nightmares are common with posttraumatic stress disorder. Persistent insomnia increases the future risk of the development or recurrence of depressive, anxiety, and substance abuse disorders. Effect of MDD on sleep stages- Major depression is associated with sleep architecture changes including earlier REM sleep onset, and decreased SWS and sleep continuity. The effect of antidepressants on sleep stages- Most antidepressants at least transiently prolong the REM latency and decrease the REM amount and percentage of total sleep. Emergence of Restless leg syndrome due to psychotropics- Antidepressants and antipsychotics may exacerbate RLS and periodic limb movements during sleep and prevalence of anxiety/depression is more in patients with untreated RLS. Opioids induced sleep apnea- Opioids, including methadone prescribed for opiate dependence, may cause central sleep apnea. Depression prevalence in sleep apnea patients- Patients with sleep apnea have high depression prevalence and strategies to recognize and treat this comorbidity will be discussed in the presentation.

Biography

Assist. Prof. Dr. Usman Riaz is a dedicated psychiatrist specializing in psychiatric disorders at Nassau University Medical Center, United States. With a deep commitment to advancing mental health, Dr. Riaz has contributed extensively to research and clinical practice in understanding and treating complex psychiatric conditions. As an Assistant Professor, he is involved in educating future medical professionals, sharing insights from his experience, and promoting evidence-based approaches to mental health care. His work emphasizes compassionate care and innovative treatment strategies that improve the quality of life for individuals with mental health challenges.