

The Correlation between Sleep Patterns and Psychological Disorders: An Overview

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DESCRIPTION

Sleep is a fundamental aspect of our well-being, playing a crucial role in maintaining physical and mental health. However, in recent years, research has revealed a significant correlation between disrupted sleep patterns and the development or exacerbation of various psychological disorders. This article aims to provide an overview of the connection between sleep and psychological disorders, shedding light on the importance of healthy sleep habits in promoting mental well-being.

Sleep and mental health

Studies have consistently shown a bidirectional relationship between sleep disturbances and psychological disorders. Insufficient or poor-quality sleep has been associated with an increased risk of developing conditions such as anxiety disorders, depression, bipolar disorder, and Attention-deficit/Hyperactivity Disorder (ADHD). Conversely, individuals with pre-existing mental health disorders often experience disrupted sleep patterns as a symptom or consequence of their condition.

Insomnia and anxiety

One of the most notable relationships exists between insomnia and anxiety disorders. Sleep difficulties can heighten anxiety symptoms, leading to increased worry, restlessness, and irritability. Likewise, anxiety disorders can disrupt sleep, with individuals experiencing racing thoughts, difficulty relaxing, and frequent awakenings throughout the night. This bidirectional connection highlights the need to address both sleep and anxiety when treating these co-occurring conditions.

Depression and sleep disturbances

Depression and sleep disturbances also share a complex relationship. Sleep problems, such as insomnia or hypersomnia (excessive sleepiness), are common symptoms of depression. Disruptions in sleep architecture, such as reduced slow-wave sleep and Rapid Eye Movement (REM) sleep abnormalities, have been observed in individuals with depression. Moreover, chronic

sleep disturbances can contribute to the development and persistence of depressive symptoms, making it crucial to address sleep problems as part of depression management.

Bipolar disorder and sleep irregularities

Bipolar disorder, characterized by mood swings ranging from manic to depressive episodes, is another condition closely tied to sleep irregularities. During manic phases, individuals often experience decreased need for sleep, racing thoughts, and increased energy levels, which can lead to sleep deprivation. Conversely, depressive episodes are commonly associated with hypersomnia and excessive fatigue. Managing sleep disturbances is essential for stabilizing mood and minimizing the frequency and severity of bipolar episodes.

ADHD and sleep problems

Attention-deficit/Hyperactivity Disorder (ADHD) is characterized by symptoms such as inattention, hyperactivity, and impulsivity. Sleep disturbances, including difficulty falling asleep, restless sleep, and frequent awakenings, are frequently reported in individuals with ADHD. Poor sleep quality can exacerbate ADHD symptoms and impair cognitive functioning, leading to increased behavioral challenges during the day. Addressing sleep problems is crucial in managing ADHD and optimizing treatment outcomes.

Mechanisms underlying the relationship

Several mechanisms contribute to the intricate link between sleep and psychological disorders. Neurotransmitter imbalances, such as serotonin and dopamine dysregulation, impact both sleep regulation and mental health. Disruptions in the Hypothalamic-Pituitary-Adrenal (HPA) axis, responsible for the body's stress response, can also influence sleep patterns and contribute to the development of psychological disorders. Furthermore, shared genetic and environmental factors can contribute to both sleep disturbances and mental health conditions.

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CONCLUSION

The correlation between sleep patterns and psychological disorders is undeniable. Disrupted sleep not only impacts our mental well-being but can also contribute to the onset and maintenance of various psychological conditions. Recognizing the bidirectional relationship between sleep and mental health

is crucial for healthcare professionals and individuals alike. Addressing sleep disturbances as part of treatment plans for psychological disorders is essential for achieving optimal outcomes. By prioritizing healthy sleep habits, individuals can enhance their overall well-being and improve their mental health.