

Relationship between Sleep and Bipolar Disorder: Symptoms and Management

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DESCRIPTION

Bipolar disorder is a mental illness that affects millions of people worldwide. It is characterized by extreme shifts in mood, energy, and activity levels. People with bipolar disorder often experience periods of mania, during which they feel elated, energetic, and confident, followed by periods of depression, during which they feel sad, lethargic, and hopeless. Sleep disturbances are a common symptom of bipolar disorder, and research has shown that the relationship between sleep and bipolar disorder is complex. People with bipolar disorder often experience sleep disturbances, including difficulty falling asleep, staying asleep, and waking up too early. These sleep disturbances can exacerbate symptoms of the disorder, making it harder to manage mood swings and maintain overall mental health. In fact, research has shown that sleep disturbances are one of the most reliable predictors of future mood episodes in people with bipolar disorder. However, it is unclear whether sleep disturbances are a cause or a consequence of bipolar disorder. Some researchers believe that sleep disturbances may be a primary risk factor for the development of bipolar disorder, as disrupted sleep patterns can lead to changes in brain chemistry that contribute to the disorder's onset. Others believe that sleep disturbances are a secondary symptom of bipolar disorder, as mood episodes can disrupt sleep patterns.

Regardless of the relationship between sleep and bipolar disorder, it is clear that addressing sleep disturbances can be an effective strategy for managing the disorder. Sleep interventions, such as Cognitive-Behavioural Therapy for Insomnia (CBT-I), have been shown to improve mood stability, reduce the severity of depressive and manic symptoms, and enhance overall quality of life in people with bipolar disorder. CBT-I is a type of psychotherapy that aims to address the underlying cognitive and behavioural factors that contribute to insomnia. It involves

teaching patients relaxation techniques, sleep hygiene strategies, and cognitive restructuring techniques to help them develop more positive attitudes toward sleep and reduce anxiety about sleep. Research has shown that CBT-I is a highly effective treatment for insomnia in people with bipolar disorder, and it may also have benefits for mood stability and overall mental health. Other sleep interventions that may be helpful for people with bipolar disorder include sleep medication, light therapy, and regular exercise. Sleep medication can be useful for short-term relief of sleep disturbances, but it should be used with caution, as some medications can worsen mood symptoms in people with bipolar disorder. Light therapy involves exposing patients to bright light for a specified period each day, and it has been shown to improve mood stability and reduce the severity of depressive symptoms in people with bipolar disorder. Regular exercise has also been shown to improve sleep quality and reduce symptoms of depression and anxiety in people with bipolar disorder.

CONCLUSION

The relationship between sleep and bipolar disorder is complex, and the exact nature of this relationship is not yet fully understood. However, sleep disturbances are a common symptom of bipolar disorder, and addressing these disturbances can be an effective strategy for managing the disorder. Sleep interventions, such as CBT-I, sleep medication, light therapy, and regular exercise, may all be helpful for people with bipolar disorder who experience sleep disturbances. By prioritizing sleep and addressing sleep disturbances as part of a comprehensive treatment plan, people with bipolar disorder can improve their mood stability, reduce the severity of symptoms, and enhance their overall quality of life.

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