



Effect of Deprive Sleep on Depression

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Introduction

Inability to sleep is one of the signs for depression, Major depressed people, approximately 15%, oversleep or don't sleep at all. Lack of sleep alone cannot result in depression, but it does play a major role. Inability to sleep which lasts over a long period of time is also an important symptom that the person is depressed. Relation between sleep and depression are strong, which may lead to many other sleep problems like insomnia, anxiety. symptoms cause huge distress, have a major impact on quality of life, and are a strong risk factor for suicide the sleep symptoms are often unresolved by treatment, and confer a greater risk of relapse and recurrence. Therefore, successful management of sleep disturbance in depression, in order to improve quality of life of patients and reduce an important factor in depressive relapse and recurrence.

Description

Sleep disturbance is major symptoms of the disease, or may be the reason with which depressed patients first seek help, and is one of few proven risk factors for suicide [1]. symptoms like depression, sleep symptoms, insomnia occurred in 50% to 60% in a sample of young adults age around 21 to 30 [2]. World accordingly 83% of depressed patients have at least one insomnia symptom, compared with 36% without depression. Depression, is prevalent in the young, with about 40% of patients under 30 and 10% of those in their 50s experience symptoms with females of all ages. Some people experience both insomnia and hypersomnia during the same depressive episode [3]. Circadian rhythm patterns of activity is seen in humans and the main circadian pacemaker is a group of cells in the suprachiasmatic nucleus (SCN) of the hypothalamus. Cells provide an oscillatory pattern of activity such as sleep-wake activity, hormone release, liver function, etc. Drive from the SCN. It innate, self-sustaining, and independent of tiredness or amount of sleep. All animals have such a clock in mammals. Sleep regarding circadian clock in normal sleepers starts to increase slowly at about 11 pm and gradually reaches a peak at about 4 am.

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Treatment

Clinical depression depends on the mood disorder, psychotherapy (talk therapy or counselling) combined with medications (antidepressants) which is highly effective in treating depression. antidepressants work to decrease symptoms of sadness or hopelessness while the psychotherapy improve coping skills and change negative attitudes and beliefs. Talk therapy or counselling also works on coping skills for makes fall asleep more easily.

Conclusion

Sleep disturbance in people with depression is prevalent, distressing, and unresolved by treatment. indicating significant alterations in brain neurotransmitter function, as well as leading problems quality of life and due to this there is therefore a need for more successful management of sleep cycle in depression, to improve quality of life.

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Top