WEBVTT

NOTE duration:"00:54:02"

NOTE recognizability:0.898

NOTE language:en-us

NOTE Confidence: 0.752008569166667

00:00:12.880 --> 00:00:13.930 Alright, good afternoon.

NOTE Confidence: 0.752008569166667

00:00:13.930 --> 00:00:16.550 I'm Melissa Conner, welcome.

NOTE Confidence: 0.752008569166667

00:00:16.550 --> 00:00:18.495 To state Sumita Sleep Seminar

NOTE Confidence: 0.752008569166667

00:00:18.495 --> 00:00:20.857 took myself back a year there

NOTE Confidence: 0.752008569166667

00:00:20.857 --> 00:00:22.532 a couple of years anyway,

NOTE Confidence: 0.752008569166667

00:00:22.532 --> 00:00:24.464 it's really my pleasure today to

NOTE Confidence: 0.752008569166667

00:00:24.464 --> 00:00:26.871 be here to introduce Doctor Teresa

NOTE Confidence: 0.752008569166667

00:00:26.871 --> 00:00:29.220 Foley before you jump into that.

NOTE Confidence: 0.752008569166667

00:00:29.220 --> 00:00:31.628 Just to let you know that the CME

NOTE Confidence: 0.752008569166667

00:00:31.628 --> 00:00:33.675 information is here on the slide and

NOTE Confidence: 0.752008569166667

00:00:33.675 --> 00:00:35.873 will also be posted in the chat if

NOTE Confidence: 0.752008569166667

00:00:35.873 --> 00:00:39.910 you need it in a few minutes and.

NOTE Confidence: 0.752008569166667

00:00:39.910 --> 00:00:41.614 That the this meeting is being

NOTE Confidence: 0.752008569166667

00:00:41.614 --> 00:00:43.175 recorded and will be posted

NOTE Confidence: 0.752008569166667

00:00:43.175 --> 00:00:44.985 internally on the Yale websites.

NOTE Confidence: 0.752008569166667

00:00:44.990 --> 00:00:46.971 For those who have access to that

NOTE Confidence: 0.752008569166667

00:00:46.971 --> 00:00:48.718 and then as you're listening

NOTE Confidence: 0.752008569166667

00:00:48.718 --> 00:00:50.788 to the presentation to Kylie,

NOTE Confidence: 0.752008569166667

00:00:50.790 --> 00:00:53.415 meet yourself to prevent any sound feedback.

NOTE Confidence: 0.752008569166667

00:00:53.420 --> 00:00:55.365 And then we'll unmute ETC

NOTE Confidence: 0.752008569166667

00:00:55.365 --> 00:00:57.310 for questions at the end.

NOTE Confidence: 0.752008569166667

00:00:57.310 --> 00:00:58.566 If you have questions as we're going on,

NOTE Confidence: 0.752008569166667

00:00:58.570 --> 00:01:00.383 I'll be keeping track of those and

NOTE Confidence: 0.752008569166667

00:01:00.383 --> 00:01:02.124 looking at the chat and also at

NOTE Confidence: 0.752008569166667

00:01:02.124 --> 00:01:03.817 the end you can either put them

NOTE Confidence: 0.752008569166667

00:01:03.817 --> 00:01:05.449 in the chat or unmute yourself.

NOTE Confidence: 0.752008569166667

00:01:05.450 --> 00:01:07.922 So without further ado I will

NOTE Confidence: 0.752008569166667

00:01:07.922 --> 00:01:09.570 introduce Doctor Teresa Foley.

NOTE Confidence: 0.752008569166667

00:01:09.570 --> 00:01:11.380 She is one of our.

NOTE Confidence: 0.752008569166667

00:01:11.380 --> 00:01:13.048 Marvelous Sleep Fellows tier at Yale.

NOTE Confidence: 0.752008569166667

00:01:13.050 --> 00:01:15.297 This year she went to college at

NOTE Confidence: 0.752008569166667

00:01:15.297 --> 00:01:17.479 Boston College of Arts and Sciences,

NOTE Confidence: 0.752008569166667

00:01:17.480 --> 00:01:18.390 as well as Bryn Mar,

NOTE Confidence: 0.752008569166667

00:01:18.390 --> 00:01:21.280 where she graduated Magna *** laude.

NOTE Confidence: 0.752008569166667

00:01:21.280 --> 00:01:24.122 She went to medical school at Johns

NOTE Confidence: 0.752008569166667

00:01:24.122 --> 00:01:26.460 Hopkins University and then did a

NOTE Confidence: 0.752008569166667

00:01:26.460 --> 00:01:29.515 residency also at Johns Hopkins in

NOTE Confidence: 0.752008569166667

00:01:29.515 --> 00:01:31.800 psychiatry and I am delighted today

NOTE Confidence: 0.752008569166667

00:01:31.800 --> 00:01:34.636 that she's bringing to us her her

NOTE Confidence: 0.752008569166667

00:01:34.636 --> 00:01:36.672 expertise in psychiatric disease

NOTE Confidence: 0.752008569166667

00:01:36.672 --> 00:01:38.708 and specifically mood disorders.

NOTE Confidence: 0.752008569166667

00:01:38.710 --> 00:01:40.498 A huge element of our practice

NOTE Confidence: 0.752008569166667

00:01:40.498 --> 00:01:41.392 in Sleep Medicine.

NOTE Confidence: 0.752008569166667

00:01:41.400 --> 00:01:43.416 In a blind sign for a blind side

NOTE Confidence: 0.752008569166667

00:01:43.416 --> 00:01:46.183 for a lot of us who are trained

NOTE Confidence: 0.752008569166667

00:01:46.183 --> 00:01:47.643 from a pulmonary perspective.

NOTE Confidence: 0.752008569166667

00:01:47.650 --> 00:01:49.722 So thank you very much and I'm

NOTE Confidence: 0.752008569166667

00:01:49.722 --> 00:01:51.279 looking forward to this talk.

NOTE Confidence: 0.752008569166667

00:01:51.280 --> 00:01:51.790 Great,

NOTE Confidence: 0.912767854545455

00:01:51.900 --> 00:01:54.340 great and can you hear me OK and

NOTE Confidence: 0.912767854545455

00:01:54.340 --> 00:01:57.240 see this slide alright perfect

NOTE Confidence: 0.912767854545455

00:01:57.240 --> 00:01:59.575 alright so thank you Doctor Cowart

NOTE Confidence: 0.912767854545455

00:01:59.575 --> 00:02:02.240 and I have nothing to disclose.

NOTE Confidence: 0.912767854545455

00:02:02.240 --> 00:02:04.445 Alright so I'll be talking about mood

NOTE Confidence: 0.912767854545455

00:02:04.445 --> 00:02:06.667 disorders and sleep which is a huge topic.

NOTE Confidence: 0.912767854545455

00:02:06.670 --> 00:02:08.410 It's like you know breathing disorders

NOTE Confidence: 0.912767854545455

00:02:08.410 --> 00:02:10.660 and sleep you know we're not going to be

NOTE Confidence: 0.912767854545455

00:02:10.660 --> 00:02:13.224 able to hit all the highlights here and so

NOTE Confidence: 0.912767854545455

00:02:13.224 --> 00:02:16.040 I had to be selective in choosing topics.

NOTE Confidence: 0.912767854545455

00:02:16.040 --> 00:02:19.976 And my main goal work goals were to,

4

NOTE Confidence: 0.912767854545455

00:02:19.980 --> 00:02:21.378 you know, get you more interested

NOTE Confidence: 0.912767854545455

00:02:21.378 --> 00:02:22.780 in this field if possible.

NOTE Confidence: 0.912767854545455

00:02:22.780 --> 00:02:25.108 And also I'm really trying to focus on

NOTE Confidence: 0.912767854545455

00:02:25.108 --> 00:02:27.359 what might be useful for patient care,

NOTE Confidence: 0.912767854545455

00:02:27.360 --> 00:02:29.154 so I'll first start with the

NOTE Confidence: 0.912767854545455

00:02:29.154 --> 00:02:31.000 basic overview of mood disorders,

NOTE Confidence: 0.912767854545455

00:02:31.000 --> 00:02:32.561 and then I'll be spending the bulk

NOTE Confidence: 0.912767854545455

00:02:32.561 --> 00:02:34.148 of the time talking about sleep

NOTE Confidence: 0.912767854545455

00:02:34.148 --> 00:02:35.870 and mood disorders and then finally

NOTE Confidence: 0.912767854545455

00:02:35.870 --> 00:02:37.872 end with what I hope will be some

NOTE Confidence: 0.912767854545455

00:02:37.872 --> 00:02:41.100 practical tools for patient care.

NOTE Confidence: 0.912767854545455

00:02:41.100 --> 00:02:43.907 So the objectives here are to review

NOTE Confidence: 0.912767854545455

00:02:43.907 --> 00:02:46.062 diagnosis and treatment of major

NOTE Confidence: 0.912767854545455

00:02:46.062 --> 00:02:48.267 depression and bipolar disorder to

NOTE Confidence: 0.912767854545455

00:02:48.267 --> 00:02:50.885 understand patterns of sleep and PSG

NOTE Confidence: 0.912767854545455

00:02:50.885 --> 00:02:53.333 findings in patients with mood disorders.

NOTE Confidence: 0.912767854545455

00:02:53.340 --> 00:02:55.440 Describe the effects of antidepressants

NOTE Confidence: 0.912767854545455

00:02:55.440 --> 00:02:58.375 on sleep, and then again hopefully learn

NOTE Confidence: 0.912767854545455

00:02:58.375 --> 00:03:00.870 some practical tools for patient care.

NOTE Confidence: 0.912767854545455

00:03:00.870 --> 00:03:02.555 So mood disorders are really

NOTE Confidence: 0.912767854545455

00:03:02.555 --> 00:03:03.903 a class of disorders.

NOTE Confidence: 0.912767854545455

00:03:03.910 --> 00:03:05.968 It's more than just major depression,

NOTE Confidence: 0.912767854545455

00:03:05.970 --> 00:03:07.650 although that's sort of

NOTE Confidence: 0.912767854545455

00:03:07.650 --> 00:03:09.330 the most important one.

NOTE Confidence: 0.912767854545455

00:03:09.330 --> 00:03:11.088 There are two chapters in the

NOTE Confidence: 0.912767854545455

00:03:11.088 --> 00:03:12.550 current edition of the DSM,

NOTE Confidence: 0.912767854545455

00:03:12.550 --> 00:03:15.208 the DSM 5 on depressive disorders

NOTE Confidence: 0.912767854545455

00:03:15.208 --> 00:03:17.840 and bipolar and related disorders,

NOTE Confidence: 0.912767854545455

00:03:17.840 --> 00:03:20.366 and so they include major depression,

NOTE Confidence: 0.912767854545455

00:03:20.370 --> 00:03:22.170 major depressive disorder,

NOTE Confidence: 0.912767854545455

00:03:22.170 --> 00:03:24.473 disruptive mood dysregulation, disorder,

NOTE Confidence: 0.912767854545455

00:03:24.473 --> 00:03:25.982 persistent depressive disorder,

NOTE Confidence: 0.912767854545455

00:03:25.982 --> 00:03:27.994 formerly known as dysthymia

NOTE Confidence: 0.912767854545455

00:03:27.994 --> 00:03:29.770 or double depression,

NOTE Confidence: 0.912767854545455

00:03:29.770 --> 00:03:31.153 premenstrual dysphoric disorder.

NOTE Confidence: 0.912767854545455

00:03:31.153 --> 00:03:33.919 Bipolar disorder types one and two,

NOTE Confidence: 0.912767854545455

00:03:33.920 --> 00:03:36.080 sometimes known as bipolar

NOTE Confidence: 0.912767854545455

00:03:36.080 --> 00:03:37.865 affective disorder, cyclothymia,

NOTE Confidence: 0.912767854545455

00:03:37.865 --> 00:03:39.980 and then others,

NOTE Confidence: 0.912767854545455

00:03:39.980 --> 00:03:42.095 or non specified.

NOTE Confidence: 0.912767854545455

00:03:42.100 --> 00:03:44.452 So mood disorders are very common both in

NOTE Confidence: 0.912767854545455

00:03:44.452 --> 00:03:46.928 the general population and then even more so.

NOTE Confidence: 0.912767854545455

00:03:46.930 --> 00:03:48.343 In Sleep Clinic,

NOTE Confidence: 0.912767854545455

00:03:48.343 --> 00:03:50.698 there's a lifetime prevalence of

NOTE Confidence: 0.912767854545455

00:03:50.698 --> 00:03:53.471 between one and 5% for bipolar disorder,

NOTE Confidence: 0.912767854545455

00:03:53.471 --> 00:03:55.606 depending on whether you're talking

NOTE Confidence: 0.912767854545455

00:03:55.606 --> 00:03:58.249 about just bipolar disorder type one or

NOTE Confidence: 0.912767854545455

00:03:58.249 --> 00:04:00.670 the whole class of bipolar disorders,

NOTE Confidence: 0.912767854545455

00:04:00.670 --> 00:04:02.962 major depression is even more common

NOTE Confidence: 0.912767854545455

00:04:02.962 --> 00:04:05.036 with a lifetime prevalence of about

NOTE Confidence: 0.912767854545455

00:04:05.036 --> 00:04:06.940 20% of the general population.

NOTE Confidence: 0.912767854545455

00:04:06.940 --> 00:04:09.015 Patients with insomnia are about

NOTE Confidence: 0.912767854545455

00:04:09.015 --> 00:04:11.516 10 times as likely as those as

NOTE Confidence: 0.912767854545455

00:04:11.516 --> 00:04:12.856 good sleepers to have.

NOTE Confidence: 0.912767854545455

00:04:12.860 --> 00:04:14.930 Major depression and patients with

NOTE Confidence: 0.912767854545455

00:04:14.930 --> 00:04:17.903 sleep apnea are about two to five times

NOTE Confidence: 0.912767854545455

00:04:17.903 --> 00:04:21.806 as likely as those excuse me two to

NOTE Confidence: 0.912767854545455

00:04:21.806 --> 00:04:24.495 five times as likely as those without

NOTE Confidence: 0.912767854545455

00:04:24.495 --> 00:04:27.330 sleep apnea yet to have major depression.

NOTE Confidence: 0.912767854545455

00:04:27.330 --> 00:04:29.094 Depression is one of the main

NOTE Confidence: 0.912767854545455

00:04:29.094 --> 00:04:29.976 contributors to suicide.

NOTE Confidence: 0.912767854545455

00:04:29.980 --> 00:04:32.145 It's implicated in about 50

NOTE Confidence: 0.912767854545455

00:04:32.145 --> 00:04:34.656 to 70% of suicides.

NOTE Confidence: 0.912767854545455

00:04:34.656 --> 00:04:36.040 Suicide is,

NOTE Confidence: 0.912767854545455

00:04:36.040 --> 00:04:38.025 unfortunately currently the 10th leading

NOTE Confidence: 0.912767854545455

00:04:38.025 --> 00:04:40.917 cause of death in the United States

NOTE Confidence: 0.912767854545455

00:04:40.917 --> 00:04:43.419 and it's the second among adolescents.

NOTE Confidence: 0.912767854545455

00:04:43.420 --> 00:04:44.380 And young adults.

NOTE Confidence: 0.912767854545455

00:04:44.380 --> 00:04:46.300 So this is a global statistic.

NOTE Confidence: 0.912767854545455

00:04:46.300 --> 00:04:47.785 Here in 2019,

NOTE Confidence: 0.912767854545455

00:04:47.785 --> 00:04:51.250 one in 100 deaths was by suicide.

NOTE Confidence: 0.953831162222222

00:04:53.510 --> 00:04:56.195 Depression is considered the leading

NOTE Confidence: 0.953831162222222

00:04:56.195 --> 00:04:58.343 cause of disability worldwide,

NOTE Confidence: 0.953831162222222

00:04:58.350 --> 00:05:00.198 and it's also a major contributor

NOTE Confidence: 0.953831162222222

00:05:00.198 --> 00:05:02.120 to the global burden of disease.

NOTE Confidence: 0.953831162222222

00:05:02.120 --> 00:05:03.565 It's associated with an increased

NOTE Confidence: 0.953831162222222

00:05:03.565 --> 00:05:06.029 risk of a host of medical problems.

NOTE Confidence: 0.953831162222222

00:05:06.030 --> 00:05:08.910 It associated with increased mortality,

NOTE Confidence: 0.953831162222222

00:05:08.910 --> 00:05:11.420 it's disruptive to family relationships,

NOTE Confidence: 0.953831162222222

00:05:11.420 --> 00:05:14.690 impacts careers, educational success, etc.

NOTE Confidence: 0.953831162222222

00:05:14.690 --> 00:05:17.258 It's estimated to cost the United

NOTE Confidence: 0.953831162222222

00:05:17.258 --> 00:05:19.510 States over \$200 billion per year.

NOTE Confidence: 0.953831162222222

00:05:19.510 --> 00:05:21.400 About half of those costs are due

NOTE Confidence: 0.953831162222222

00:05:21.400 --> 00:05:23.500 to increase costs in health care.

NOTE Confidence: 0.953831162222222

00:05:23.500 --> 00:05:27.581 And about half are due to workplace

NOTE Confidence: 0.953831162222222

00:05:27.581 --> 00:05:29.330 costs including absenteeism

NOTE Confidence: 0.953831162222222

00:05:29.425 --> 00:05:31.738 and reduced productivity.

NOTE Confidence: 0.953831162222222

00:05:31.740 --> 00:05:33.516 And apparently it's associated

NOTE Confidence: 0.953831162222222

00:05:33.516 --> 00:05:35.736 with even greater health care

NOTE Confidence: 0.953831162222222

00:05:35.736 --> 00:05:37.998 costs than elevated blood sugar,

NOTE Confidence: 0.953831162222222

00:05:38.000 --> 00:05:40.004 high blood pressure, obesity,

NOTE Confidence: 0.953831162222222

00:05:40.004 --> 00:05:44.148 tobacco use, or physical inactivity.

NOTE Confidence: 0.953831162222222

00:05:44.150 --> 00:05:45.898 So we can look up, you know,

NOTE Confidence: 0.953831162222222

00:05:45.898 --> 00:05:47.368 lists of diagnostic criteria for

NOTE Confidence: 0.953831162222222

00:05:47.368 --> 00:05:49.019 all these different mood disorders.

NOTE Confidence: 0.953831162222222

00:05:49.020 --> 00:05:50.896 But for for our purposes I thought

NOTE Confidence: 0.953831162222222

00:05:50.896 --> 00:05:53.253 it would be more useful if I could

NOTE Confidence: 0.953831162222222

00:05:53.253 --> 00:05:54.658 provide a fairly simple framework

NOTE Confidence: 0.953831162222222

00:05:54.658 --> 00:05:56.483 for just thinking about what mood

NOTE Confidence: 0.953831162222222

00:05:56.483 --> 00:05:58.295 disorders are and what it's like

NOTE Confidence: 0.953831162222222

00:05:58.353 --> 00:06:00.207 for the patient to experience them,

NOTE Confidence: 0.953831162222222

00:06:00.210 --> 00:06:02.325 and also to kind of help you get a

NOTE Confidence: 0.953831162222222

00:06:02.325 --> 00:06:04.201 sense of whether a patient might

NOTE Confidence: 0.953831162222222

00:06:04.201 --> 00:06:06.692 be going through a mood disorder

NOTE Confidence: 0.953831162222222

00:06:06.692 --> 00:06:09.288 experiencing that so that we can

NOTE Confidence: 0.953831162222222

00:06:09.288 --> 00:06:11.248 group symptoms into three groups.

NOTE Confidence: 0.953831162222222

00:06:11.250 --> 00:06:13.980 So that would be mood, self attitude.

NOTE Confidence: 0.953831162222222

00:06:13.980 --> 00:06:15.780 And vital sense.

NOTE Confidence: 0.953831162222222

00:06:15.780 --> 00:06:17.537 Mood is what we're most familiar with,

NOTE Confidence: 0.953831162222222

00:06:17.540 --> 00:06:18.518 so that might be, you know,

NOTE Confidence: 0.953831162222222

00:06:18.520 --> 00:06:21.988 elevated in mania, for example down,

NOTE Confidence: 0.953831162222222

00:06:21.990 --> 00:06:24.178 irritable, sad, depressed mood,

NOTE Confidence: 0.953831162222222

00:06:24.178 --> 00:06:28.396 empty mood or no mood in a period

NOTE Confidence: 0.953831162222222

00:06:28.396 --> 00:06:29.380 of depression.

NOTE Confidence: 0.953831162222222

00:06:29.380 --> 00:06:31.895 Self attitude is 1's assessment

NOTE Confidence: 0.953831162222222

00:06:31.895 --> 00:06:35.110 of self worth and vital sense is,

NOTE Confidence: 0.953831162222222

00:06:35.110 --> 00:06:37.640 you know, sort of those physical

NOTE Confidence: 0.953831162222222

00:06:37.640 --> 00:06:38.900 and cognitive symptoms.

NOTE Confidence: 0.953831162222222

00:06:38.900 --> 00:06:40.360 You know, speed of thinking,

NOTE Confidence: 0.953831162222222

00:06:40.360 --> 00:06:42.076 speed of movement,

NOTE Confidence: 0.953831162222222

00:06:42.076 --> 00:06:43.590 sleep, energy, appetite,

NOTE Confidence: 0.953831162222222

00:06:43.590 --> 00:06:45.440 ability to focus and concentrate,

NOTE Confidence: 0.953831162222222

00:06:45.440 --> 00:06:45.910 etc.

NOTE Confidence: 0.772806134166667

00:06:47.920 --> 00:06:51.350 So I have a an exam patient

NOTE Confidence: 0.772806134166667

00:06:51.350 --> 00:06:54.580 example of low self attitude.

NOTE Confidence: 0.772806134166667

00:06:54.580 --> 00:06:56.330 I have received the cake.

NOTE Confidence: 0.772806134166667

00:06:56.330 --> 00:06:58.416 Many thanks but I am not worthy.

NOTE Confidence: 0.772806134166667

00:06:58.420 --> 00:07:00.618 I am not worthy of my birthday.

NOTE Confidence: 0.772806134166667

00:07:00.620 --> 00:07:02.576 I must weep myself to death.

NOTE Confidence: 0.772806134166667

00:07:02.580 --> 00:07:04.974 I cannot live and I cannot die

NOTE Confidence: 0.772806134166667

00:07:04.974 --> 00:07:07.475 because I have failed so much and

NOTE Confidence: 0.772806134166667

00:07:07.475 --> 00:07:10.250 that is from a patient letter in 1905.

NOTE Confidence: 0.888361823636364

00:07:13.650 --> 00:07:15.370 These three groups of symptoms

NOTE Confidence: 0.888361823636364

00:07:15.370 --> 00:07:17.460 tend to track together so mood,

NOTE Confidence: 0.888361823636364

00:07:17.460 --> 00:07:19.840 self attitude and vital sense are all

NOTE Confidence: 0.888361823636364

00:07:19.840 --> 00:07:22.498 down in an episode of depression.

NOTE Confidence: 0.888361823636364

00:07:22.500 --> 00:07:26.116 They're all elevated in an episode of Mania.

NOTE Confidence: 0.888361823636364

00:07:26.120 --> 00:07:26.966 They're all elevated,

NOTE Confidence: 0.888361823636364

00:07:26.966 --> 00:07:28.376 but to a lesser extent.

NOTE Confidence: 0.888361823636364

00:07:28.380 --> 00:07:30.882 In an episode of Hypomania and then

00:07:30.882 --> 00:07:32.779 there is this thing called a mixed

00:07:32.779 --> 00:07:34.568 episode and I just want to briefly

00:07:34.568 --> 00:07:36.397 mention that so you know that it

00:07:36.397 --> 00:07:37.987 exists and that's when these can

00:07:37.987 --> 00:07:39.850 kind of go in different directions.

00:07:39.850 --> 00:07:42.178 So you can imagine that if a patient

00:07:42.178 --> 00:07:44.348 has low mood, low self attitude,

00:07:44.348 --> 00:07:46.904 or feeling hopeless, worthless, depressed,

00:07:46.904 --> 00:07:50.996 and yet they have increased energy,

00:07:51.000 --> 00:07:53.240 that can be very dangerous in terms

00:07:53.240 --> 00:07:56.490 of risk of suicide, for example.

00:07:56.490 --> 00:07:58.230 But generally the symptoms tracked

00:07:58.230 --> 00:07:59.970 together either up or down,

00:07:59.970 --> 00:08:01.938 so looking overtime if we see

00:08:01.938 --> 00:08:03.250 the white line here,

NOTE Confidence: 0.888361823636364

00:08:03.250 --> 00:08:05.110 that would be considered normal,

NOTE Confidence: 0.888361823636364

00:08:05.110 --> 00:08:05.908 or you know,

NOTE Confidence: 0.888361823636364

00:08:05.908 --> 00:08:07.504 a patient without a mood disorder,

NOTE Confidence: 0.888361823636364

00:08:07.510 --> 00:08:08.686 and there are the general you know,

NOTE Confidence: 0.888361823636364

00:08:08.690 --> 00:08:10.559 sort of ups and downs of life

NOTE Confidence: 0.888361823636364

00:08:10.559 --> 00:08:11.360 that everyone experiences,

NOTE Confidence: 0.888361823636364

00:08:11.360 --> 00:08:13.290 but they're not very extreme.

NOTE Confidence: 0.888361823636364

00:08:13.290 --> 00:08:15.026 If you look at the blue line though,

NOTE Confidence: 0.888361823636364

00:08:15.030 --> 00:08:16.140 that would be in a person.

NOTE Confidence: 0.888361823636364

00:08:16.140 --> 00:08:17.990 A person with major depression.

NOTE Confidence: 0.888361823636364

00:08:17.990 --> 00:08:21.512 They have quite low and sustained

NOTE Confidence: 0.888361823636364

00:08:21.512 --> 00:08:23.286 period of of depression.

NOTE Confidence: 0.888361823636364

00:08:23.286 --> 00:08:25.372 And then there are periods in between

NOTE Confidence: 0.888361823636364

00:08:25.372 --> 00:08:27.376 which would be considered normal mood.

NOTE Confidence: 0.888361823636364

00:08:27.380 --> 00:08:29.740 Or euthymia.

NOTE Confidence: 0.888361823636364

00:08:29.740 --> 00:08:31.679 And then in bipolar disorder there are

NOTE Confidence: 0.888361823636364

00:08:31.679 --> 00:08:33.559 periods of low mood or depression,

NOTE Confidence: 0.888361823636364

00:08:33.560 --> 00:08:35.030 and then there are also periods

NOTE Confidence: 0.888361823636364

00:08:35.030 --> 00:08:36.373 of elevated mood and increased

NOTE Confidence: 0.888361823636364

00:08:36.373 --> 00:08:37.617 energy and vital sense,

NOTE Confidence: 0.888361823636364

00:08:37.620 --> 00:08:39.940 and that would be in mania or hypomania.

NOTE Confidence: 0.888361823636364

00:08:39.940 --> 00:08:41.228 So that would be the yellow line.

NOTE Confidence: 0.910066824615385

00:08:43.450 --> 00:08:46.266 So going for mood episodes to mood disorders

NOTE Confidence: 0.910066824615385

00:08:46.266 --> 00:08:48.864 in terms of actually diagnosing someone,

NOTE Confidence: 0.910066824615385

00:08:48.864 --> 00:08:51.776 if a person has a history of depressive

NOTE Confidence: 0.910066824615385

00:08:51.776 --> 00:08:54.402 episodes only as well as periods of euthymia

NOTE Confidence: 0.910066824615385

00:08:54.402 --> 00:08:57.278 that would be classified as major depression

NOTE Confidence: 0.910066824615385

00:08:57.278 --> 00:09:00.080 or sometimes known as unipolar depression.

NOTE Confidence: 0.910066824615385

00:09:00.080 --> 00:09:01.130 In other words,

NOTE Confidence: 0.910066824615385

00:09:01.130 --> 00:09:03.580 they only go down from normal mood.

NOTE Confidence: 0.910066824615385

00:09:03.580 --> 00:09:06.004 If a person has a history of depression

NOTE Confidence: 0.910066824615385

00:09:06.004 --> 00:09:08.039 and any history of hypomania,

NOTE Confidence: 0.910066824615385

00:09:08.040 --> 00:09:09.764 even just one episode,

NOTE Confidence: 0.910066824615385

00:09:09.764 --> 00:09:11.488 that would be considered

NOTE Confidence: 0.910066824615385

00:09:11.488 --> 00:09:12.890 bipolar disorder type 2.

NOTE Confidence: 0.910066824615385

00:09:12.890 --> 00:09:15.144 Shares of a person has a history

NOTE Confidence: 0.910066824615385

00:09:15.144 --> 00:09:17.606 of even just one episode of Mania,

NOTE Confidence: 0.910066824615385

00:09:17.610 --> 00:09:19.770 whether or not they have any

NOTE Confidence: 0.910066824615385

00:09:19.770 --> 00:09:22.100 history of depression that would be

NOTE Confidence: 0.910066824615385

00:09:22.100 --> 00:09:24.155 considered bipolar disorder type 1.

NOTE Confidence: 0.910066824615385

00:09:24.160 --> 00:09:26.020 So just moving on to treatment,

NOTE Confidence: 0.910066824615385

00:09:26.020 --> 00:09:28.012 I've grouped the treatments

NOTE Confidence: 0.910066824615385

00:09:28.012 --> 00:09:29.506 into four buckets,

NOTE Confidence: 0.910066824615385

00:09:29.510 --> 00:09:32.062 so from the top everyone you know whether

NOTE Confidence: 0.910066824615385

00:09:32.062 --> 00:09:34.827 you have a mood disorder or not can

NOTE Confidence: 0.910066824615385

00:09:34.827 --> 00:09:36.910 really benefit from healthy lifestyle.

NOTE Confidence: 0.910066824615385

00:09:36.910 --> 00:09:39.110 All patients with mood disorders,

NOTE Confidence: 0.910066824615385

00:09:39.110 --> 00:09:41.486 or at least the vast majority

NOTE Confidence: 0.910066824615385

00:09:41.486 --> 00:09:43.070 can benefit from psychotherapy.

NOTE Confidence: 0.910066824615385

00:09:43.070 --> 00:09:45.130 Many patients will benefit from

NOTE Confidence: 0.910066824615385

00:09:45.130 --> 00:09:47.190 medications and then some patients

NOTE Confidence: 0.910066824615385

00:09:47.261 --> 00:09:48.949 will need other treatments.

NOTE Confidence: 0.910066824615385

00:09:48.950 --> 00:09:52.464 So going through in reverse order here.

NOTE Confidence: 0.910066824615385

00:09:52.470 --> 00:09:53.020 Excuse me

NOTE Confidence: 0.680428803333333

00:09:55.110 --> 00:09:58.095 these other or experiment experimental

NOTE Confidence: 0.680428803333333

00:09:58.095 --> 00:10:00.483 treatments include ECT electric,

NOTE Confidence: 0.680428803333333

00:10:00.490 --> 00:10:01.654 convulsive therapy,

NOTE Confidence: 0.680428803333333

00:10:01.654 --> 00:10:03.400 transcranial magnetic stimulation,

NOTE Confidence: 0.680428803333333

00:10:03.400 --> 00:10:06.490 which is TMS, vagus nerve stimulation,

NOTE Confidence: 0.680428803333333

00:10:06.490 --> 00:10:08.383 deep brain stimulation,

NOTE Confidence: 0.680428803333333

00:10:08.383 --> 00:10:10.907 ketamin and sleep deprivation,

NOTE Confidence: 0.680428803333333

00:10:10.910 --> 00:10:12.667 and I'll talk a little bit more

18

NOTE Confidence: 0.680428803333333

00:10:12.667 --> 00:10:13.750 about sleep deprivation later.

NOTE Confidence: 0.889192542857143

00:10:15.890 --> 00:10:19.607 For medications in terms of major depression,

NOTE Confidence: 0.889192542857143

00:10:19.610 --> 00:10:21.034 antidepressants are really the

NOTE Confidence: 0.889192542857143

00:10:21.034 --> 00:10:22.814 primary drugs that we use.

NOTE Confidence: 0.889192542857143

00:10:22.820 --> 00:10:24.368 They're commonly used as you know,

NOTE Confidence: 0.889192542857143

00:10:24.370 --> 00:10:27.730 for anxiety, pain, and other disorders.

NOTE Confidence: 0.889192542857143

00:10:27.730 --> 00:10:30.705 There are many different antidepressants

NOTE Confidence: 0.889192542857143

00:10:30.705 --> 00:10:33.160 and generally a psychiatrist or

NOTE Confidence: 0.889192542857143

00:10:33.160 --> 00:10:34.835 primary care provider would choose

NOTE Confidence: 0.889192542857143

00:10:34.835 --> 00:10:37.170 one based on the side effect profile,

NOTE Confidence: 0.889192542857143

00:10:37.170 --> 00:10:39.530 the patients comorbidities and preferences,

NOTE Confidence: 0.889192542857143

00:10:39.530 --> 00:10:40.840 and just the you know.

NOTE Confidence: 0.889192542857143

00:10:40.840 --> 00:10:43.620 Clinicians experience with these medications.

NOTE Confidence: 0.889192542857143

00:10:43.620 --> 00:10:45.476 The first one may not work very well.

NOTE Confidence: 0.889192542857143

00:10:45.480 --> 00:10:47.424 So a patient may need to try more

NOTE Confidence: 0.889192542857143

00:10:47.424 --> 00:10:49.457 than one and they need to may need

NOTE Confidence: 0.889192542857143

00:10:49.457 --> 00:10:51.365 to take more than one simultaneously

NOTE Confidence: 0.889192542857143

00:10:51.365 --> 00:10:54.740 to have the maximum effect.

NOTE Confidence: 0.889192542857143

00:10:54.740 --> 00:10:56.945 Additional medications that patients with

NOTE Confidence: 0.889192542857143

00:10:56.945 --> 00:10:59.660 depression may be on include lithium

NOTE Confidence: 0.889192542857143

00:10:59.660 --> 00:11:02.782 low dose lithium may be helpful at

NOTE Confidence: 0.889192542857143

00:11:02.782 --> 00:11:05.167 reducing suicidality in some patients

NOTE Confidence: 0.889192542857143

00:11:05.167 --> 00:11:08.071 and then medications for anxiety and

NOTE Confidence: 0.889192542857143

00:11:08.071 --> 00:11:10.967 insomnia are also very commonly used.

NOTE Confidence: 0.889192542857143

00:11:10.970 --> 00:11:12.095 For bipolar disorder,

NOTE Confidence: 0.889192542857143

00:11:12.095 --> 00:11:14.345 the medications we call mood stabilizers

NOTE Confidence: 0.889192542857143

00:11:14.345 --> 00:11:16.657 are really the mainstay of treatment.

NOTE Confidence: 0.889192542857143

00:11:16.660 --> 00:11:18.928 It's really several classes of medication.

NOTE Confidence: 0.889192542857143

00:11:18.930 --> 00:11:20.316 Lithium is one of the oldest,

NOTE Confidence: 0.889192542857143

00:11:20.320 --> 00:11:22.858 and it's very effective mood stabilizer

NOTE Confidence: 0.889192542857143

00:11:22.860 --> 00:11:26.760 and then Depakote and Tegretol are

NOTE Confidence: 0.889192542857143

00:11:26.760 --> 00:11:28.026 anticonvulsant medications that

NOTE Confidence: 0.889192542857143

00:11:28.026 --> 00:11:30.558 were found to have mood stabilizing

NOTE Confidence: 0.889192542857143

00:11:30.558 --> 00:11:33.490 properties and then more recently the

NOTE Confidence: 0.889192542857143

00:11:33.490 --> 00:11:35.498 newer generation of antipsychotics

NOTE Confidence: 0.889192542857143

00:11:35.498 --> 00:11:37.880 have been found to be effective

NOTE Confidence: 0.889192542857143

00:11:37.880 --> 00:11:40.780 as mood stabilizers as well.

NOTE Confidence: 0.889192542857143

00:11:40.780 --> 00:11:42.826 Additional medications would

NOTE Confidence: 0.889192542857143

00:11:42.826 --> 00:11:44.190 include antidepressants,

NOTE Confidence: 0.889192542857143

00:11:44.190 --> 00:11:46.970 so sort of classic mood

NOTE Confidence: 0.889192542857143

00:11:46.970 --> 00:11:49.750 stabilizers that I just mentioned.

NOTE Confidence: 0.889192542857143

00:11:49.750 --> 00:11:51.388 Would be more effective at treating

NOTE Confidence: 0.889192542857143

00:11:51.388 --> 00:11:53.087 mania or hypomania and not quite

NOTE Confidence: 0.889192542857143

00:11:53.087 --> 00:11:54.467 as good at treating depression,

NOTE Confidence: 0.889192542857143

00:11:54.470 --> 00:11:56.228 but there is a possibility that

NOTE Confidence: 0.889192542857143

00:11:56.228 --> 00:11:58.264 if a person with bipolar disorder

NOTE Confidence: 0.889192542857143

00:11:58.264 --> 00:12:00.269 is only on an antidepressant,

NOTE Confidence: 0.889192542857143

00:12:00.270 --> 00:12:02.307 their moon may kind of flip up.

NOTE Confidence: 0.889192542857143

00:12:02.310 --> 00:12:04.206 They may have what we call a manic

NOTE Confidence: 0.889192542857143

00:12:04.206 --> 00:12:05.660 switch where their mood goes from

NOTE Confidence: 0.889192542857143

00:12:05.660 --> 00:12:07.581 being too low all the way up into

NOTE Confidence: 0.889192542857143

00:12:07.581 --> 00:12:09.015 a full blown episode of Mania.

NOTE Confidence: 0.889192542857143

00:12:09.020 --> 00:12:11.568 And so it's very important for a

NOTE Confidence: 0.889192542857143

00:12:11.568 --> 00:12:13.406 person with bipolar disorder to

NOTE Confidence: 0.889192542857143

00:12:13.406 --> 00:12:15.758 be on a mood stabilizer and not

NOTE Confidence: 0.889192542857143

00:12:15.758 --> 00:12:17.848 just an antidepressant alone.

NOTE Confidence: 0.889192542857143

00:12:17.850 --> 00:12:18.753 So psychotherapy again,

NOTE Confidence: 0.889192542857143

00:12:18.753 --> 00:12:19.656 I you know,

NOTE Confidence: 0.889192542857143

00:12:19.660 --> 00:12:22.194 I think basically all patients can benefit.

NOTE Confidence: 0.889192542857143

00:12:22.200 --> 00:12:23.940 There are many goals including illness,

NOTE Confidence: 0.889192542857143

00:12:23.940 --> 00:12:24.603 education,

NOTE Confidence: 0.889192542857143

00:12:24.603 --> 00:12:27.255 identifying underlying stressors or

22

NOTE Confidence: 0.889192542857143

00:12:27.255 --> 00:12:27.918 vulnerabilities,

NOTE Confidence: 0.889192542857143

00:12:27.920 --> 00:12:30.056 including personality vulnerabilities,

NOTE Confidence: 0.889192542857143

00:12:30.056 --> 00:12:31.480 life stresses,

NOTE Confidence: 0.889192542857143

00:12:31.480 --> 00:12:34.200 developing positive habits or thoughts,

NOTE Confidence: 0.889192542857143

00:12:34.200 --> 00:12:36.350 motivation for treatment and relapse

NOTE Confidence: 0.889192542857143

00:12:36.350 --> 00:12:36.780 prevention.

NOTE Confidence: 0.86860679125

00:12:39.180 --> 00:12:41.736 Kay Jamison, who's a researcher in

NOTE Confidence: 0.86860679125

00:12:41.736 --> 00:12:44.641 mood disorders and author of a personal

NOTE Confidence: 0.86860679125

00:12:44.641 --> 00:12:46.897 memoir called An Unquiet Mind about

NOTE Confidence: 0.86860679125

00:12:46.897 --> 00:12:49.477 her journey with bipolar disorder,

NOTE Confidence: 0.86860679125

00:12:49.480 --> 00:12:51.700 said about lithium and psychotherapy.

NOTE Confidence: 0.86860679125

00:12:51.700 --> 00:12:55.300 I need both lithium to keep me well and

NOTE Confidence: 0.86860679125

00:12:55.300 --> 00:12:57.739 psychotherapy to keep me on the lithium.

NOTE Confidence: 0.86860679125

00:12:57.740 --> 00:12:59.508 There are many different

NOTE Confidence: 0.86860679125

00:12:59.508 --> 00:13:00.834 types of psychotherapy.

NOTE Confidence: 0.86860679125

00:13:00.840 --> 00:13:02.920 There are the psychodynamic or

NOTE Confidence: 0.86860679125

00:13:02.920 --> 00:13:04.168 psychoanalytic therapies cognitive

NOTE Confidence: 0.86860679125

00:13:04.168 --> 00:13:06.179 or cognitive behavioral therapies.

NOTE Confidence: 0.86860679125

00:13:06.180 --> 00:13:07.116 Interpersonal DBT.

NOTE Confidence: 0.86860679125

00:13:07.116 --> 00:13:08.988 Accepted as a commitment,

NOTE Confidence: 0.86860679125

00:13:08.990 --> 00:13:09.634 therapy, etc.

NOTE Confidence: 0.86860679125

00:13:09.634 --> 00:13:12.210 But it really seems to be that the

NOTE Confidence: 0.86860679125

00:13:12.282 --> 00:13:14.026 individual therapist is generally

NOTE Confidence: 0.86860679125

00:13:14.026 --> 00:13:16.206 more important than the type

NOTE Confidence: 0.86860679125

00:13:16.206 --> 00:13:18.528 of therapy that they're doing,

NOTE Confidence: 0.86860679125

00:13:18.530 --> 00:13:20.738 and in practice many therapists will

NOTE Confidence: 0.86860679125

00:13:20.738 --> 00:13:22.734 blend different types of therapy

NOTE Confidence: 0.86860679125

00:13:22.734 --> 00:13:24.570 together in treating patients.

NOTE Confidence: 0.86860679125

00:13:24.570 --> 00:13:26.800 It's important to note that.

NOTE Confidence: 0.86860679125

00:13:26.800 --> 00:13:28.732 If a patient reports a failure

NOTE Confidence: 0.86860679125

00:13:28.732 --> 00:13:29.376 of psychotherapy,

NOTE Confidence: 0.86860679125

00:13:29.380 --> 00:13:30.927 most likely it just wasn't a good

NOTE Confidence: 0.86860679125

00:13:30.927 --> 00:13:32.629 fit with that particular therapist,

NOTE Confidence: 0.86860679125

00:13:32.630 --> 00:13:34.052 and so it's worth trying again

NOTE Confidence: 0.86860679125

00:13:34.052 --> 00:13:34.763 with another person.

NOTE Confidence: 0.928184334375

00:13:37.000 --> 00:13:38.980 So these are some healthy habits

NOTE Confidence: 0.928184334375

00:13:38.980 --> 00:13:41.234 that can help treat and prevent

NOTE Confidence: 0.928184334375

00:13:41.234 --> 00:13:42.970 recurrence of mood disorders.

NOTE Confidence: 0.928184334375

00:13:42.970 --> 00:13:44.440 All of them may help.

NOTE Confidence: 0.928184334375

00:13:44.440 --> 00:13:46.456 Some of them have more data than others,

NOTE Confidence: 0.928184334375

00:13:46.460 --> 00:13:49.547 so I typically recommend the top 4.

NOTE Confidence: 0.928184334375

00:13:49.550 --> 00:13:51.503 I'm so light I'll talk a little

NOTE Confidence: 0.928184334375

00:13:51.503 --> 00:13:53.202 bit more about later that would

NOTE Confidence: 0.928184334375

00:13:53.202 --> 00:13:54.924 either be using a light box for

NOTE Confidence: 0.928184334375

00:13:54.924 --> 00:13:56.850 sort of formal bright light therapy,

NOTE Confidence: 0.928184334375

00:13:56.850 --> 00:13:57.950 or just even getting outside

NOTE Confidence: 0.928184334375

00:13:57.950 --> 00:13:59.270 for a few minutes every day,

NOTE Confidence: 0.928184334375

00:13:59.270 --> 00:14:00.810 ideally in the morning.

NOTE Confidence: 0.928184334375

00:14:00.810 --> 00:14:03.533 Aerobic exercise a few times a week

NOTE Confidence: 0.928184334375

00:14:03.533 --> 00:14:06.050 can be helpful for sleep that's both

NOTE Confidence: 0.928184334375

00:14:06.050 --> 00:14:08.300 getting enough sleep and also getting

NOTE Confidence: 0.928184334375

00:14:08.370 --> 00:14:10.338 sleep at regular times for socialization.

NOTE Confidence: 0.928184334375

00:14:10.338 --> 00:14:12.326 You know, getting outside of the house,

NOTE Confidence: 0.928184334375

00:14:12.330 --> 00:14:13.710 getting outside of your apartment,

NOTE Confidence: 0.928184334375

00:14:13.710 --> 00:14:15.240 being around other people I time

NOTE Confidence: 0.928184334375

00:14:15.240 --> 00:14:16.960 with friends if at all possible,

NOTE Confidence: 0.928184334375

00:14:16.960 --> 00:14:18.430 that could be really helpful

NOTE Confidence: 0.928184334375

00:14:18.430 --> 00:14:19.900 for people with mood disorders.

NOTE Confidence: 0.928184334375

00:14:19.900 --> 00:14:21.836 So ideally now I tell my patients every

NOTE Confidence: 0.928184334375

00:14:21.836 --> 00:14:23.817 morning go for a long walk with a friend,

NOTE Confidence: 0.928184334375

00:14:23.820 --> 00:14:24.358 you know,

NOTE Confidence: 0.928184334375

00:14:24.358 --> 00:14:27.130 and that can kind of help with the exercise,

NOTE Confidence: 0.928184334375

00:14:27.130 --> 00:14:27.441 socialization,

NOTE Confidence: 0.928184334375

00:14:27.441 --> 00:14:29.929 sunlight and all of that can also help

NOTE Confidence: 0.928184334375

00:14:29.929 --> 00:14:31.847 with regular and sufficient sleep.

NOTE Confidence: 0.9273781

00:14:36.110 --> 00:14:39.160 OK. And then the Bunny slippers.

NOTE Confidence: 0.9273781

00:14:39.160 --> 00:14:40.686 I just thought were kind of fun.

NOTE Confidence: 0.954324026666666

00:14:43.090 --> 00:14:46.066 OK, so just an overview of that you

NOTE Confidence: 0.954324026666666

00:14:46.066 --> 00:14:48.664 know of that overview mood disorder

NOTE Confidence: 0.954324026666666

00:14:48.664 --> 00:14:50.883 symptoms can be put into three groups,

NOTE Confidence: 0.954324026666666

00:14:50.890 --> 00:14:53.140 mood, self attitude and vital

NOTE Confidence: 0.954324026666666

00:14:53.140 --> 00:14:54.634 sense symptoms generally tracked

NOTE Confidence: 0.954324026666666

00:14:54.634 --> 00:14:56.722 together and are low in depression,

NOTE Confidence: 0.954324026666666

00:14:56.730 --> 00:14:59.684 elevated in hypomania and high in mania,

NOTE Confidence: 0.954324026666666

00:14:59.690 --> 00:15:02.372 any history of mania or hypomania

NOTE Confidence: 0.954324026666666

00:15:02.372 --> 00:15:04.542 would be considered bipolar disorder.

NOTE Confidence: 0.954324026666666

00:15:04.542 --> 00:15:06.238 Mood disorders are treated

NOTE Confidence: 0.954324026666666

00:15:06.238 --> 00:15:07.510 with healthy habits,

NOTE Confidence: 0.954324026666666

00:15:07.510 --> 00:15:10.030 including sleep and light exposure,

NOTE Confidence: 0.954324026666666

00:15:10.030 --> 00:15:11.737 psychotherapy and medications.

NOTE Confidence: 0.954324026666666

00:15:11.737 --> 00:15:13.444 Antidepressants can cause

NOTE Confidence: 0.954324026666666

00:15:13.444 --> 00:15:16.030 a manic switch in in.

NOTE Confidence: 0.954324026666666

00:15:16.030 --> 00:15:17.446 People with bipolar disorder

NOTE Confidence: 0.954324026666666

00:15:17.446 --> 00:15:19.830 if they're not also on and on.

NOTE Confidence: 0.954324026666666

00:15:19.830 --> 00:15:20.889 A mood stabilizer,

NOTE Confidence: 0.954324026666666

00:15:20.889 --> 00:15:23.818 and then patients may need to try a

NOTE Confidence: 0.954324026666666

00:15:23.818 --> 00:15:26.485 few medications and see more than one

NOTE Confidence: 0.954324026666666

00:15:26.485 --> 00:15:28.949 therapist before treatment is successful.

NOTE Confidence: 0.954324026666666

00:15:28.950 --> 00:15:32.340 So now on to the main part of the talk.

NOTE Confidence: 0.954324026666666

00:15:32.340 --> 00:15:35.098 It's no secret that patients with mood

NOTE Confidence: 0.954324026666666

00:15:35.098 --> 00:15:37.050 disorders have problems with sleep.

NOTE Confidence: 0.954324026666666

00:15:37.050 --> 00:15:38.698 Plato and Hippocrates apparently

NOTE Confidence: 0.954324026666666

00:15:38.698 --> 00:15:40.758 wrote about patients with melancholia

NOTE Confidence: 0.954324026666666

00:15:40.758 --> 00:15:42.897 and their problems falling asleep,

NOTE Confidence: 0.954324026666666

00:15:42.900 --> 00:15:44.970 staying asleep and waking up

NOTE Confidence: 0.954324026666666

00:15:44.970 --> 00:15:47.180 too early in the early 1900s.

NOTE Confidence: 0.954324026666666

00:15:47.180 --> 00:15:48.740 And milk raplin, who's?

NOTE Confidence: 0.954324026666666

00:15:48.740 --> 00:15:50.300 A German psychiatrist,

NOTE Confidence: 0.954324026666666

00:15:50.300 --> 00:15:52.900 wrote textbooks describing mental illness.

NOTE Confidence: 0.954324026666666

00:15:52.900 --> 00:15:55.756 He divided depression into 2 categories,

NOTE Confidence: 0.954324026666666

00:15:55.760 --> 00:15:58.400 and he noted that neurotic or

NOTE Confidence: 0.954324026666666

00:15:58.400 --> 00:16:00.160 psychological depression was associated

NOTE Confidence: 0.954324026666666

00:16:00.226 --> 00:16:02.840 more with sleep onset, insomnia, or.

NOTE Confidence: 0.954324026666666

00:16:02.840 --> 00:16:05.865 Early insomnia that endogenous or

NOTE Confidence: 0.954324026666666

00:16:05.865 --> 00:16:08.948 biological depression as it was called.

NOTE Confidence: 0.954324026666666

00:16:08.950 --> 00:16:10.270 Was associated with more sleep,

NOTE Confidence: 0.954324026666666

00:16:10.270 --> 00:16:10.853 maintenance,

NOTE Confidence: 0.954324026666666

00:16:10.853 --> 00:16:13.768 insomnia and early morning awakening.

NOTE Confidence: 0.954324026666666

00:16:13.770 --> 00:16:16.626 And then starting in the 1960s,

NOTE Confidence: 0.954324026666666

00:16:16.630 --> 00:16:18.415 sleep studies began documenting sleep

NOTE Confidence: 0.954324026666666

00:16:18.415 --> 00:16:20.780 problems in patients with mood disorders.

NOTE Confidence: 0.929743913529412

00:16:22.790 --> 00:16:25.364 So I thought this was a good description of

NOTE Confidence: 0.929743913529412

00:16:25.364 --> 00:16:27.524 problems in both kind of extremes of mood.

NOTE Confidence: 0.929743913529412

00:16:27.530 --> 00:16:30.414 Also by Kreplin about 100 years ago,

NOTE Confidence: 0.929743913529412

00:16:30.420 --> 00:16:32.676 the attacks of manic depressive insanity

NOTE Confidence: 0.929743913529412

00:16:32.676 --> 00:16:35.659 just a old term for bipolar disorder,

NOTE Confidence: 0.929743913529412

00:16:35.660 --> 00:16:37.232 are invariably accompanied by

NOTE Confidence: 0.929743913529412

00:16:37.232 --> 00:16:39.197 all kinds of bodily changes.

NOTE Confidence: 0.929743913529412

00:16:39.200 --> 00:16:41.544 By far the most striking are the disorders

NOTE Confidence: 0.929743913529412

00:16:41.544 --> 00:16:43.570 of sleep and general nourishment.

NOTE Confidence: 0.929743913529412

00:16:43.570 --> 00:16:45.985 In Mania, sleep is always

NOTE Confidence: 0.929743913529412

00:16:45.985 --> 00:16:47.434 considerably encroached upon.

NOTE Confidence: 0.929743913529412

00:16:47.440 --> 00:16:49.245 Sometimes there is even almost

NOTE Confidence: 0.929743913529412

00:16:49.245 --> 00:16:50.689 complete sleeplessness at most.

NOTE Confidence: 0.929743913529412

00:16:50.690 --> 00:16:52.280 Interrupted for a few hours.

NOTE Confidence: 0.929743913529412

00:16:52.280 --> 00:16:55.090 Which may last for weeks, even months.

NOTE Confidence: 0.929743913529412

00:16:55.090 --> 00:16:56.670 In the states of depression,

NOTE Confidence: 0.929743913529412

00:16:56.670 --> 00:16:58.469 in spite of great need for sleep,

NOTE Confidence: 0.929743913529412

00:16:58.470 --> 00:16:59.830 the patients lie for hours,

NOTE Confidence: 0.929743913529412

00:16:59.830 --> 00:17:00.721 sleepless in bed,

NOTE Confidence: 0.929743913529412

00:17:00.721 --> 00:17:02.206 although even in bed they

NOTE Confidence: 0.929743913529412

00:17:02.206 --> 00:17:03.560 find no refreshment.

NOTE Confidence: 0.850994290833333

00:17:05.930 --> 00:17:08.583 So looking at more modern studies on

NOTE Confidence: 0.850994290833333

00:17:08.583 --> 00:17:11.119 bipolar disorder and depressive episodes,

NOTE Confidence: 0.850994290833333

00:17:11.120 --> 00:17:13.112 insomnia is very common.

NOTE Confidence: 0.850994290833333

00:17:13.112 --> 00:17:15.080 About 2/3 of patients,

NOTE Confidence: 0.850994290833333

00:17:15.080 --> 00:17:18.020 whereas hypersomnia occurs in about 1/5

NOTE Confidence: 0.850994290833333

00:17:18.020 --> 00:17:21.502 to another third of patients in the

NOTE Confidence: 0.850994290833333

00:17:21.502 --> 00:17:23.557 manic or hypomanic episodes decrease.

NOTE Confidence: 0.850994290833333

00:17:23.560 --> 00:17:25.618 Need for sleep is very common.

NOTE Confidence: 0.850994290833333

00:17:25.620 --> 00:17:27.732 It's one of the most common

NOTE Confidence: 0.850994290833333

00:17:27.732 --> 00:17:28.788 symptoms of mania,

NOTE Confidence: 0.850994290833333

00:17:28.790 --> 00:17:30.746 and it's often the first sign,

NOTE Confidence: 0.850994290833333

00:17:30.750 --> 00:17:32.730 and it's possible that sleep

NOTE Confidence: 0.850994290833333

00:17:32.730 --> 00:17:34.314 loss may precipitate mania.

NOTE Confidence: 0.914970586153846

00:17:36.620 --> 00:17:39.252 So if you're wondering how to differentiate

NOTE Confidence: 0.914970586153846

00:17:39.252 --> 00:17:41.230 insomnia for mania in a patient,

NOTE Confidence: 0.914970586153846

00:17:41.230 --> 00:17:42.410 who spends hours in bed,

NOTE Confidence: 0.914970586153846

00:17:42.410 --> 00:17:44.690 and maybe has a history of

NOTE Confidence: 0.914970586153846

00:17:44.690 --> 00:17:46.120 bipolar disorder and insomnia,

NOTE Confidence: 0.914970586153846

00:17:46.120 --> 00:17:47.795 the person will often describe

NOTE Confidence: 0.914970586153846

00:17:47.795 --> 00:17:48.761 feeling tired, drained.

NOTE Confidence: 0.914970586153846

00:17:48.761 --> 00:17:50.507 They may also have low motivation,

NOTE Confidence: 0.914970586153846

00:17:50.510 --> 00:17:51.370 and they may be anxious.

NOTE Confidence: 0.914970586153846

00:17:51.370 --> 00:17:52.910 They may be depressed,

NOTE Confidence: 0.914970586153846

00:17:52.910 --> 00:17:54.450 they don't feel restored,

NOTE Confidence: 0.914970586153846

00:17:54.450 --> 00:17:56.028 so really they need more sleep,

NOTE Confidence: 0.914970586153846

00:17:56.030 --> 00:17:57.970 but their body won't sleep,

NOTE Confidence: 0.914970586153846

00:17:57.970 --> 00:18:00.650 whereas in mania or hypomania,

NOTE Confidence: 0.914970586153846

00:18:00.650 --> 00:18:03.848 the person may describe feeling energetic,

NOTE Confidence: 0.914970586153846

00:18:03.850 --> 00:18:04.854 you know, active, impulsive,

NOTE Confidence: 0.914970586153846

00:18:04.854 --> 00:18:05.607 they're revved up,

NOTE Confidence: 0.914970586153846

00:18:05.610 --> 00:18:07.850 they've got plenty of energy.

NOTE Confidence: 0.914970586153846

00:18:07.850 --> 00:18:09.362 They may lie in bed because they feel

NOTE Confidence: 0.914970586153846

00:18:09.362 --> 00:18:10.648 like they're supposed to sleep more,

NOTE Confidence: 0.914970586153846

00:18:10.650 --> 00:18:11.826 or you know they.

NOTE Confidence: 0.914970586153846

00:18:11.826 --> 00:18:13.296 They usually need 7 hours,

NOTE Confidence: 0.914970586153846

00:18:13.300 --> 00:18:14.010 let's say,

NOTE Confidence: 0.914970586153846

00:18:14.010 --> 00:18:15.785 but they really don't need

NOTE Confidence: 0.914970586153846

00:18:15.785 --> 00:18:17.830 as much sleep in that time.

NOTE Confidence: 0.81081971875

33

00:18:20.730 --> 00:18:23.660 So turning to sleep problems

NOTE Confidence: 0.81081971875

00:18:23.660 --> 00:18:25.418 in major depression.

NOTE Confidence: 0.81081971875

00:18:25.420 --> 00:18:28.150 Insomnia is present in the great

NOTE Confidence: 0.81081971875

00:18:28.150 --> 00:18:30.810 majority of patients over about half

NOTE Confidence: 0.81081971875

00:18:30.810 --> 00:18:32.960 of patients have both difficulty

NOTE Confidence: 0.81081971875

00:18:32.960 --> 00:18:35.258 falling asleep or initial insomnia,

NOTE Confidence: 0.81081971875

00:18:35.260 --> 00:18:37.858 as well as early morning awakening.

NOTE Confidence: 0.81081971875

00:18:37.860 --> 00:18:39.970 Hypersomnia is also fairly common

NOTE Confidence: 0.81081971875

00:18:39.970 --> 00:18:42.080 and then other sleep complaints

NOTE Confidence: 0.81081971875

00:18:42.150 --> 00:18:44.098 include non restorative sleep,

NOTE Confidence: 0.81081971875

00:18:44.100 --> 00:18:45.726 daytime sleepiness, fatigue,

NOTE Confidence: 0.81081971875

00:18:45.726 --> 00:18:47.894 nightmares and increased risk.

NOTE Confidence: 0.81081971875

00:18:47.900 --> 00:18:51.869 As I mentioned of sleep apnea or you know.

NOTE Confidence: 0.81081971875

00:18:51.870 --> 00:18:56.014 But daytime sleepiness has not been found.

NOTE Confidence: 0.81081971875

00:18:56.020 --> 00:18:58.135 There's there's not been objective

NOTE Confidence: 0.81081971875

00:18:58.135 --> 00:19:00.250 evidence of hypersomnolence on MSLT,

NOTE Confidence: 0.81081971875

00:19:00.250 --> 00:19:03.238 so perhaps patients are describing fatigue.

NOTE Confidence: 0.9604488925

00:19:05.530 --> 00:19:08.036 So just looking more closely at the

NOTE Confidence: 0.9604488925

00:19:08.036 --> 00:19:09.554 relationship between insomnia and

NOTE Confidence: 0.9604488925

00:19:09.554 --> 00:19:11.348 depression in patients with insomnia,

NOTE Confidence: 0.9604488925

00:19:11.348 --> 00:19:14.599 I mentioned that there are 10 times as likely

NOTE Confidence: 0.9604488925

00:19:14.599 --> 00:19:17.105 as good sleepers to have major depression

NOTE Confidence: 0.9604488925

00:19:17.110 --> 00:19:20.086 if they don't have major depression.

NOTE Confidence: 0.9604488925

00:19:20.090 --> 00:19:22.141 There are two to five times as

NOTE Confidence: 0.9604488925

00:19:22.141 --> 00:19:24.120 likely to develop major depression.

NOTE Confidence: 0.9604488925

00:19:24.120 --> 00:19:26.958 If the insomnia is not treated,

NOTE Confidence: 0.9604488925

00:19:26.960 --> 00:19:29.372 and then insomnia seems to be

NOTE Confidence: 0.9604488925

00:19:29.372 --> 00:19:31.620 independent risk factor for suicide,

NOTE Confidence: 0.9604488925

00:19:31.620 --> 00:19:32.859 including suicidal thoughts

NOTE Confidence: 0.9604488925

00:19:32.859 --> 00:19:35.337 as well as death by suicide.

NOTE Confidence: 0.9604488925

00:19:35.340 --> 00:19:37.734 And in the majority of studies that

NOTE Confidence: 0.9604488925

00:19:37.734 --> 00:19:40.667 remains in a risk factor even when

NOTE Confidence: 0.9604488925

00:19:40.667 --> 00:19:43.409 controlled for the severity of depression.

NOTE Confidence: 0.9604488925

00:19:43.410 --> 00:19:45.786 I'm looking at it from the other angle

NOTE Confidence: 0.9604488925

00:19:45.786 --> 00:19:47.760 in patients with major depression.

NOTE Confidence: 0.9604488925

00:19:47.760 --> 00:19:50.490 Insomnia is a residual symptom.

NOTE Confidence: 0.9604488925

00:19:50.490 --> 00:19:53.804 Unfortunately, in about 20 to 40% of

NOTE Confidence: 0.9604488925

00:19:53.804 --> 00:19:55.568 patients who are treated for depression.

NOTE Confidence: 0.9604488925

00:19:55.570 --> 00:19:57.910 So after the depression goes away,

NOTE Confidence: 0.9604488925

00:19:57.910 --> 00:19:59.730 it's the insomnia remains

NOTE Confidence: 0.9604488925

00:19:59.730 --> 00:20:02.005 in about 1/3 of patients.

NOTE Confidence: 0.9604488925

00:20:02.010 --> 00:20:04.330 Residual insomnia increases the risk

NOTE Confidence: 0.9604488925

00:20:04.330 --> 00:20:06.650 of relapse of major depression.

NOTE Confidence: 0.9604488925

00:20:06.650 --> 00:20:08.967 But the good news is treating insomnia

NOTE Confidence: 0.9604488925

00:20:08.967 --> 00:20:11.333 in patients with depression even without

NOTE Confidence: 0.9604488925

00:20:11.333 --> 00:20:13.513 using any kind of antidepressants.

NOTE Confidence: 0.9604488925

00:20:13.520 --> 00:20:15.860 Treating insomnia with hypnotics or

NOTE Confidence: 0.9604488925

00:20:15.860 --> 00:20:18.200 with cognitive behavioral therapy for

NOTE Confidence: 0.9604488925

00:20:18.267 --> 00:20:21.182 insomnia can actually have improvement

NOTE Confidence: 0.9604488925

00:20:21.182 --> 00:20:23.030 in their depressive symptoms.

NOTE Confidence: 0.90326826

00:20:25.140 --> 00:20:26.820 And so the take home points

NOTE Confidence: 0.90326826

00:20:26.820 --> 00:20:27.940 just on this section.

NOTE Confidence: 0.90326826

00:20:27.940 --> 00:20:29.480 Poor sleep is characteristic

NOTE Confidence: 0.90326826

00:20:29.480 --> 00:20:31.129 of mood disorders, insomnia,

NOTE Confidence: 0.90326826

00:20:31.129 --> 00:20:33.085 hypersomnia and reduced need

NOTE Confidence: 0.90326826

00:20:33.085 --> 00:20:36.025 for sleep in the different mood

NOTE Confidence: 0.90326826

00:20:36.025 --> 00:20:38.032 states patients with mania or

NOTE Confidence: 0.90326826

00:20:38.032 --> 00:20:40.420 hypomania may spend hours in bed

NOTE Confidence: 0.90326826

00:20:40.500 --> 00:20:42.816 awake as those do with insomnia,

NOTE Confidence: 0.90326826

00:20:42.820 --> 00:20:45.494 but they do not need more sleep.

NOTE Confidence: 0.90326826

00:20:45.500 --> 00:20:47.168 Insomnia, risk factor for

NOTE Confidence: 0.90326826

00:20:47.168 --> 00:20:48.419 new onset depression,

NOTE Confidence: 0.90326826

00:20:48.420 --> 00:20:51.500 relapse of depression and suicide

NOTE Confidence: 0.90326826

00:20:51.500 --> 00:20:53.132 and treating insomnia can

NOTE Confidence: 0.90326826

00:20:53.132 --> 00:20:54.764 reduce symptoms of depression.

NOTE Confidence: 0.863473453333333

00:20:57.110 --> 00:20:58.400 So Polysomnogram findings

NOTE Confidence: 0.863473453333333

00:20:58.400 --> 00:20:59.690 and major depression,

NOTE Confidence: 0.863473453333333

00:20:59.690 --> 00:21:02.168 which is the most well studied,

NOTE Confidence: 0.863473453333333

00:21:02.170 --> 00:21:07.056 include three groups of of of differences.

NOTE Confidence: 0.863473453333333

00:21:07.056 --> 00:21:11.130 So the first is poor sleep continuity.

NOTE Confidence: 0.863473453333333

00:21:11.130 --> 00:21:13.538 Or you could think of that as

NOTE Confidence: 0.863473453333333

00:21:13.538 --> 00:21:14.570 increased sleep fragmentation.

NOTE Confidence: 0.863473453333333

00:21:14.570 --> 00:21:16.770 So that's reduced sleep efficiency,

NOTE Confidence: 0.863473453333333

00:21:16.770 --> 00:21:18.162 prolonged sleep latency,

NOTE Confidence: 0.863473453333333

00:21:18.162 --> 00:21:20.946 increased number and duration of awakenings

NOTE Confidence: 0.863473453333333

00:21:20.946 --> 00:21:23.568 as well as early morning awakening.

NOTE Confidence: 0.863473453333333

00:21:23.570 --> 00:21:25.158 The second is reduced.

NOTE Confidence: 0.863473453333333

00:21:25.158 --> 00:21:27.610 Slow wave sleep or also

NOTE Confidence: 0.863473453333333

00:21:27.610 --> 00:21:30.130 called reduced sleep depth,

NOTE Confidence: 0.863473453333333

00:21:30.130 --> 00:21:32.440 and that's characterized by more more time

NOTE Confidence: 0.863473453333333

00:21:32.440 --> 00:21:34.990 in stage one less time in stage three,

NOTE Confidence: 0.863473453333333

00:21:34.990 --> 00:21:38.170 and then in some patients the longer

NOTE Confidence: 0.863473453333333

00:21:38.170 --> 00:21:41.130 period of slow wave sleep seems to shift

NOTE Confidence: 0.863473453333333

00:21:41.212 --> 00:21:43.828 from the 1st to the 2nd sleep cycle,

NOTE Confidence: 0.863473453333333

00:21:43.830 --> 00:21:47.478 and then the third is increased REM sleep,

NOTE Confidence: 0.863473453333333

00:21:47.480 --> 00:21:49.420 sometimes called increased REM

NOTE Confidence: 0.863473453333333

00:21:49.420 --> 00:21:52.330 pressure or disinhibition of REM sleep.

NOTE Confidence: 0.863473453333333

00:21:52.330 --> 00:21:54.620 Excuse me.

NOTE Confidence: 0.863473453333333

00:21:54.620 --> 00:21:56.465 So that's shorter latency to

NOTE Confidence: 0.863473453333333

00:21:56.465 --> 00:21:58.820 stage are more time in stage,

NOTE Confidence: 0.863473453333333

00:21:58.820 --> 00:22:00.728 are especially early in the night

NOTE Confidence: 0.863473453333333

00:22:00.728 --> 00:22:03.132 in the first sleep cycle and then

NOTE Confidence: 0.863473453333333

00:22:03.132 --> 00:22:04.907 increased rapid eye movement density

NOTE Confidence: 0.863473453333333

00:22:04.907 --> 00:22:07.342 and so that means the number of

NOTE Confidence: 0.863473453333333

00:22:07.342 --> 00:22:10.659 eye movements during stage are.

NOTE Confidence: 0.863473453333333

00:22:10.660 --> 00:22:12.028 So and this hypnogram,

NOTE Confidence: 0.863473453333333

00:22:12.028 --> 00:22:13.738 you can see those findings.

NOTE Confidence: 0.863473453333333

00:22:13.740 --> 00:22:16.396 So first, in terms of poor sleep continuity,

NOTE Confidence: 0.863473453333333

00:22:16.400 --> 00:22:18.052 the purple on the top is wake

NOTE Confidence: 0.863473453333333

00:22:18.052 --> 00:22:19.880 and you can see the person is

NOTE Confidence: 0.863473453333333

00:22:19.880 --> 00:22:21.845 just bouncing up and down in and

NOTE Confidence: 0.863473453333333

00:22:21.845 --> 00:22:23.430 out of wakefulness and sleep.

NOTE Confidence: 0.863473453333333

00:22:23.430 --> 00:22:25.020 There are a lot of awakenings,

NOTE Confidence: 0.863473453333333

00:22:25.020 --> 00:22:26.880 and there's also the persons waking

NOTE Confidence: 0.863473453333333

00:22:26.880 --> 00:22:29.018 up kind of early in the morning

NOTE Confidence: 0.863473453333333

00:22:29.020 --> 00:22:30.484 in terms of reduced slow wave

NOTE Confidence: 0.863473453333333

00:22:30.484 --> 00:22:32.239 sleep all the way at the bottom.

NOTE Confidence: 0.863473453333333

00:22:32.240 --> 00:22:34.358 The dark blue is stage three

NOTE Confidence: 0.863473453333333

00:22:34.358 --> 00:22:36.867 and you can see there's very

NOTE Confidence: 0.863473453333333

00:22:36.867 --> 00:22:38.899 little stage three sleep.

NOTE Confidence: 0.863473453333333

00:22:38.900 --> 00:22:40.312 And then increased REM.

NOTE Confidence: 0.863473453333333

00:22:40.312 --> 00:22:42.826 The red is rapid eye movement sleep

NOTE Confidence: 0.863473453333333

00:22:42.826 --> 00:22:44.762 and you can see there's reduced

NOTE Confidence: 0.863473453333333

00:22:44.762 --> 00:22:47.016 REM latency and there's a lot of

NOTE Confidence: 0.863473453333333

00:22:47.016 --> 00:22:49.080 REM sleep throughout the night,

NOTE Confidence: 0.863473453333333

00:22:49.080 --> 00:22:52.030 including early in the night.

NOTE Confidence: 0.863473453333333

00:22:52.030 --> 00:22:54.880 And some other polysomnogram findings.

NOTE Confidence: 0.863473453333333

00:22:54.880 --> 00:22:56.800 Patients with depression have been

NOTE Confidence: 0.863473453333333

00:22:56.800 --> 00:22:59.161 found to have reduced slow wave

NOTE Confidence: 0.863473453333333

00:22:59.161 --> 00:23:01.021 sleep and shortened REM latency

NOTE Confidence: 0.863473453333333

00:23:01.021 --> 00:23:03.140 even during periods of euthymia.

NOTE Confidence: 0.885797937

00:23:05.400 --> 00:23:07.830 Family studies have also shown similar

NOTE Confidence: 0.885797937

00:23:07.830 --> 00:23:10.434 changes in REM sleep. In other words,

NOTE Confidence: 0.885797937

00:23:10.434 --> 00:23:12.402 family members who don't have depression,

NOTE Confidence: 0.885797937

00:23:12.410 --> 00:23:14.580 but they're they're relatives do.

NOTE Confidence: 0.885797937

00:23:14.580 --> 00:23:16.674 So maybe there's some kind of

NOTE Confidence: 0.885797937

00:23:16.674 --> 00:23:18.070 trait versus state markers,

NOTE Confidence: 0.885797937

00:23:18.070 --> 00:23:20.210 but either way they're not

NOTE Confidence: 0.885797937

00:23:20.210 --> 00:23:21.494 specific to depression.

NOTE Confidence: 0.885797937

00:23:21.500 --> 00:23:25.040 Similar polysomnogram findings have been

NOTE Confidence: 0.885797937

00:23:25.040 --> 00:23:28.580 noted in other psychiatric disorders.

NOTE Confidence: 0.885797937

00:23:28.580 --> 00:23:30.075 Increased sleep latency and increased

NOTE Confidence: 0.885797937

00:23:30.075 --> 00:23:31.870 REM density have actually been found

NOTE Confidence: 0.885797937

00:23:31.870 --> 00:23:33.376 in all stages of bipolar disorder,

NOTE Confidence: 0.885797937

00:23:33.380 --> 00:23:36.030 including mania.

NOTE Confidence: 0.885797937

00:23:36.030 --> 00:23:39.012 And then similar findings of last

NOTE Confidence: 0.885797937

00:23:39.012 --> 00:23:41.454 slave sleep reduced REM latency and

NOTE Confidence: 0.885797937

00:23:41.454 --> 00:23:43.620 more sleep fragmentation as well as

NOTE Confidence: 0.885797937

00:23:43.684 --> 00:23:45.778 early morning awakening are also found

NOTE Confidence: 0.885797937

00:23:45.778 --> 00:23:48.338 in normal aging in patients without

NOTE Confidence: 0.885797937

00:23:48.338 --> 00:23:51.054 depression in these age related

NOTE Confidence: 0.885797937

00:23:51.054 --> 00:23:54.300 changes are more pronounced in elderly

NOTE Confidence: 0.885797937

00:23:54.399 --> 00:23:57.519 patients who also have depression.

NOTE Confidence: 0.885797937

00:23:57.520 --> 00:24:00.530 There's a lot of evidence of circadian

NOTE Confidence: 0.885797937

00:24:00.530 --> 00:24:01.820 abnormalities and depression,

NOTE Confidence: 0.885797937

00:24:01.820 --> 00:24:04.028 so depression is associated with reduced

NOTE Confidence: 0.885797937

00:24:04.028 --> 00:24:06.220 heart rate and temperature variability,

NOTE Confidence: 0.885797937

00:24:06.220 --> 00:24:08.019 and over the course of the day,

NOTE Confidence: 0.885797937

00:24:08.020 --> 00:24:09.764 circadian fluctuations and cortisol

NOTE Confidence: 0.885797937

00:24:09.764 --> 00:24:11.944 and norepinephrine tend to be

NOTE Confidence: 0.885797937

00:24:11.944 --> 00:24:14.128 phase advanced in depression and

NOTE Confidence: 0.885797937

00:24:14.128 --> 00:24:16.096 then mood and suicide rates vary

NOTE Confidence: 0.885797937

00:24:16.096 --> 00:24:18.217 diurnally over the course of the day,

NOTE Confidence: 0.885797937

00:24:18.220 --> 00:24:21.034 as well as seasonally throughout the year.

NOTE Confidence: 0.885797937

00:24:21.040 --> 00:24:22.498 So a classic symptom of depression

NOTE Confidence: 0.885797937

00:24:22.498 --> 00:24:24.120 is low mood in the morning,

NOTE Confidence: 0.885797937

00:24:24.120 --> 00:24:25.506 but it gets a little better

NOTE Confidence: 0.885797937

00:24:25.506 --> 00:24:26.992 in the evening and then also,

NOTE Confidence: 0.885797937

00:24:26.992 --> 00:24:28.840 mood tends to be worse in winter.

NOTE Confidence: 0.885797937

00:24:28.840 --> 00:24:32.008 You know, with seasonal affective disorder,

NOTE Confidence: 0.885797937

00:24:32.010 --> 00:24:35.178 and I thought this was surprising.

NOTE Confidence: 0.885797937

00:24:35.180 --> 00:24:37.140 Suicide rates also seemed to

NOTE Confidence: 0.885797937

00:24:37.140 --> 00:24:39.100 be higher in the evening,

NOTE Confidence: 0.885797937

00:24:39.100 --> 00:24:40.204 kind of evening,

NOTE Confidence: 0.885797937

00:24:40.204 --> 00:24:43.158 middle of the night or late in the night,

NOTE Confidence: 0.885797937

00:24:43.158 --> 00:24:44.820 depending on the different study in

NOTE Confidence: 0.885797937

00:24:44.877 --> 00:24:46.110 the demographic studied.

NOTE Confidence: 0.885797937

00:24:46.110 --> 00:24:49.113 But spring and summer actually had higher

NOTE Confidence: 0.885797937

00:24:49.113 --> 00:24:52.030 rates of suicide compared with winter,

NOTE Confidence: 0.885797937

00:24:52.030 --> 00:24:55.220 which I was not expecting.

NOTE Confidence: 0.885797937

00:24:55.220 --> 00:24:56.516 So people have studied,

NOTE Confidence: 0.885797937

00:24:56.516 --> 00:24:58.768 you know the relationships between mood and

NOTE Confidence: 0.885797937

00:24:58.768 --> 00:25:01.036 sleep and come up with all kinds of theories.

NOTE Confidence: 0.885797937

00:25:01.040 --> 00:25:03.434 So I just want to briefly mention them here.

NOTE Confidence: 0.885797937

00:25:03.440 --> 00:25:06.410 So one is that CNS arousal or some kind

NOTE Confidence: 0.885797937

00:25:06.410 --> 00:25:09.577 of problem with serotonin transmission

NOTE Confidence: 0.885797937

00:25:09.580 --> 00:25:11.765 leads to sleep fragmentation and

NOTE Confidence: 0.885797937

00:25:11.765 --> 00:25:13.950 then that leads to depression.

NOTE Confidence: 0.885797937

00:25:13.950 --> 00:25:16.170 Another theory is that increased rapid

NOTE Confidence: 0.885797937

00:25:16.170 --> 00:25:18.540 eye movement sleep leads to depression.

NOTE Confidence: 0.885797937

00:25:18.540 --> 00:25:20.360 Another is that depression leads

NOTE Confidence: 0.885797937

00:25:20.360 --> 00:25:22.666 to some kind of primary defect

NOTE Confidence: 0.885797937

00:25:22.666 --> 00:25:24.726 in the homeostatic sleep drive.

NOTE Confidence: 0.885797937

00:25:24.730 --> 00:25:26.395 And that causes a decrease

NOTE Confidence: 0.885797937

00:25:26.395 --> 00:25:27.727 in slow wave sleep,

NOTE Confidence: 0.885797937

00:25:27.730 --> 00:25:30.061 and then that leads to earlier and

NOTE Confidence: 0.885797937

45

00:25:30.061 --> 00:25:32.150 more rapid eye movement sleep.

NOTE Confidence: 0.885797937

00:25:32.150 --> 00:25:35.230 Another is that circadian phase

NOTE Confidence: 0.885797937

00:25:35.230 --> 00:25:37.329 advance advancement leads to

NOTE Confidence: 0.885797937

00:25:37.329 --> 00:25:39.794 depression and then finally there's

NOTE Confidence: 0.885797937

00:25:39.794 --> 00:25:42.180 this cholinergic energic imbalance

NOTE Confidence: 0.885797937

00:25:42.180 --> 00:25:44.684 or cholinergic supersensitivity or

NOTE Confidence: 0.885797937

00:25:44.684 --> 00:25:47.254 HPA axis activation that causes

NOTE Confidence: 0.885797937

00:25:47.254 --> 00:25:49.310 both insomnia and depression.

NOTE Confidence: 0.885797937

00:25:49.310 --> 00:25:51.249 So in other words there's a shared

NOTE Confidence: 0.885797937

00:25:51.249 --> 00:25:52.780 pathway leading to problems with

NOTE Confidence: 0.885797937

00:25:52.780 --> 00:25:54.385 mood and problems with sleep.

NOTE Confidence: 0.894468298

00:25:57.020 --> 00:26:00.132 So summary on that section Polysomnogram

NOTE Confidence: 0.894468298

00:26:00.132 --> 00:26:02.542 findings in major depression and

NOTE Confidence: 0.894468298

00:26:02.542 --> 00:26:04.900 bipolar disorder include reduced sleep,

NOTE Confidence: 0.894468298

00:26:04.900 --> 00:26:07.140 continuity, reduced slow wave sleep,

NOTE Confidence: 0.894468298

00:26:07.140 --> 00:26:09.756 and increased rapid eye movement sleep.

NOTE Confidence: 0.894468298

00:26:09.760 --> 00:26:11.544 Polysomnogram findings are not

NOTE Confidence: 0.894468298

00:26:11.544 --> 00:26:13.328 specific to mood disorders.

NOTE Confidence: 0.894468298

00:26:13.330 --> 00:26:15.604 Some are found in normal aging

NOTE Confidence: 0.894468298

00:26:15.604 --> 00:26:17.120 or other psychiatric disorders,

NOTE Confidence: 0.894468298

00:26:17.120 --> 00:26:20.672 and some maybe treat markers found in family

NOTE Confidence: 0.894468298

00:26:20.672 --> 00:26:23.827 members or during periods of euthymia.

NOTE Confidence: 0.894468298

00:26:23.830 --> 00:26:25.905 Mood disorders are impacted by

NOTE Confidence: 0.894468298

00:26:25.905 --> 00:26:27.923 seasonal and circadian rhythms and

NOTE Confidence: 0.894468298

00:26:27.923 --> 00:26:29.688 relationships between sleep and mood

NOTE Confidence: 0.894468298

00:26:29.688 --> 00:26:31.940 are complex and likely bidirectional.

NOTE Confidence: 0.926762391538461

00:26:34.620 --> 00:26:37.772 Alright, so now I'll briefly go over some

NOTE Confidence: 0.926762391538461

00:26:37.772 --> 00:26:40.539 effects of antidepressants on sleep.

NOTE Confidence: 0.926762391538461

00:26:40.540 --> 00:26:42.220 So this is a busy slide,

NOTE Confidence: 0.926762391538461

00:26:42.220 --> 00:26:43.648 but I'll just sort of go

NOTE Confidence: 0.926762391538461

00:26:43.648 --> 00:26:45.198 through it one line at a time,

NOTE Confidence: 0.926762391538461

00:26:45.200 --> 00:26:47.315 and then I'm going to repeat some of the

NOTE Confidence: 0.926762391538461

00:26:47.315 --> 00:26:48.918 information on the next couple of slides.

NOTE Confidence: 0.926762391538461

00:26:48.920 --> 00:26:52.362 So Doxepin and amitriptyline are newer,

NOTE Confidence: 0.926762391538461

00:26:52.362 --> 00:26:54.690 sometimes called third generation

NOTE Confidence: 0.926762391538461

00:26:54.690 --> 00:26:55.854 tricyclic antidepressants,

NOTE Confidence: 0.926762391538461

00:26:55.860 --> 00:26:58.359 and they tend to increase sleep continuity.

NOTE Confidence: 0.926762391538461

00:26:58.360 --> 00:27:00.440 They can help with sleep as we know

NOTE Confidence: 0.926762391538461

00:27:00.440 --> 00:27:02.967 they tend to increase slow wave sleep

NOTE Confidence: 0.926762391538461

00:27:02.967 --> 00:27:05.339 and decrease rapid eye movement sleep.

NOTE Confidence: 0.926762391538461

00:27:05.340 --> 00:27:06.716 They're also associated with

NOTE Confidence: 0.926762391538461

00:27:06.716 --> 00:27:08.780 weight gain and possibly with an

NOTE Confidence: 0.926762391538461

00:27:08.839 --> 00:27:11.428 increase in Russell's leg symptoms.

NOTE Confidence: 0.926762391538461

00:27:11.430 --> 00:27:13.846 In the asterisk I put some of the

NOTE Confidence: 0.926762391538461

00:27:13.846 --> 00:27:16.187 sleep changes noted with older

NOTE Confidence: 0.926762391538461

00:27:16.187 --> 00:27:17.858 tricyclics including nortriptyline,

NOTE Confidence: 0.926762391538461

00:27:17.860 --> 00:27:20.686 and they either don't seem to

NOTE Confidence: 0.926762391538461

00:27:20.686 --> 00:27:23.254 affect sleep as much or they have

NOTE Confidence: 0.926762391538461

00:27:23.254 --> 00:27:25.490 opposite effects of the of Doxepin.

NOTE Confidence: 0.926762391538461

00:27:25.490 --> 00:27:28.860 Amitriptyline for SSR eyes or

NOTE Confidence: 0.926762391538461

00:27:28.860 --> 00:27:31.556 SSR eyes same thing.

NOTE Confidence: 0.926762391538461

00:27:31.560 --> 00:27:35.370 They also seem to depress rapid

NOTE Confidence: 0.926762391538461

00:27:35.370 --> 00:27:37.050 eye movement sleep but they seem

NOTE Confidence: 0.926762391538461

00:27:37.050 --> 00:27:38.933 to have the opposite effects on

NOTE Confidence: 0.926762391538461

00:27:38.933 --> 00:27:40.518 sleep continuity and slow wave.

NOTE Confidence: 0.926762391538461

00:27:40.520 --> 00:27:42.770 Sleep compared with Doxepin amitriptyline

NOTE Confidence: 0.926762391538461

00:27:42.770 --> 00:27:45.751 they seem to cause more sleep

NOTE Confidence: 0.926762391538461

00:27:45.751 --> 00:27:48.880 fragmentation and increase slow wave sleep.

NOTE Confidence: 0.926762391538461

00:27:48.880 --> 00:27:49.885 They're definitely associated

NOTE Confidence: 0.926762391538461

00:27:49.885 --> 00:27:51.895 with an increase in restless leg.

NOTE Confidence: 0.926762391538461

00:27:51.900 --> 00:27:54.370 Symptoms in REM without atonia

NOTE Confidence: 0.926762391538461

00:27:54.370 --> 00:27:56.840 in nightmares and in bruxism.

NOTE Confidence: 0.926762391538461

00:27:56.840 --> 00:27:59.140 Although interestingly patients often

NOTE Confidence: 0.926762391538461

00:27:59.140 --> 00:28:02.015 subjectively report improvement in sleep,

NOTE Confidence: 0.926762391538461

00:28:02.020 --> 00:28:06.860 the SNR eyes tend to be more activating,

NOTE Confidence: 0.926762391538461

00:28:06.860 --> 00:28:08.205 so they definitely are associated

NOTE Confidence: 0.926762391538461

00:28:08.205 --> 00:28:10.110 with a decrease in sleep continuity.

NOTE Confidence: 0.926762391538461

00:28:10.110 --> 00:28:12.468 In other words, more sleep fragmentation.

NOTE Confidence: 0.926762391538461

00:28:12.470 --> 00:28:15.508 They also may increase slow wave sleep,

NOTE Confidence: 0.926762391538461

00:28:15.510 --> 00:28:17.365 and they definitely suppress REM

NOTE Confidence: 0.926762391538461

00:28:17.365 --> 00:28:19.627 sleep or decrease rapid eye movement

NOTE Confidence: 0.926762391538461

00:28:19.627 --> 00:28:21.950 sleep and similar to the Sri's there

NOTE Confidence: 0.926762391538461

00:28:21.950 --> 00:28:23.810 associated with an increase in restless

NOTE Confidence: 0.926762391538461

00:28:23.810 --> 00:28:25.876 legs run without a Tony and nightmares

NOTE Confidence: 0.926762391538461

00:28:25.876 --> 00:28:27.880 in Brooks ISM bupropion is different

NOTE Confidence: 0.926762391538461

00:28:27.880 --> 00:28:30.610 from a lot of the other antidepressants.

NOTE Confidence: 0.926762391538461

00:28:30.610 --> 00:28:32.160 It doesn't work on serotonin

NOTE Confidence: 0.926762391538461

00:28:32.160 --> 00:28:34.339 at all as far as we know.

NOTE Confidence: 0.926762391538461

00:28:34.340 --> 00:28:36.452 It really seems to just work

NOTE Confidence: 0.926762391538461

00:28:36.452 --> 00:28:37.860 in norepinephrine and dopamine.

NOTE Confidence: 0.926762391538461

00:28:37.860 --> 00:28:41.088 It does seem to cause some

NOTE Confidence: 0.926762391538461

00:28:41.088 --> 00:28:42.164 sleep fragmentation.

NOTE Confidence: 0.926762391538461

00:28:42.170 --> 00:28:45.434 And also likely increases as slow wave sleep,

NOTE Confidence: 0.926762391538461

00:28:45.440 --> 00:28:46.500 but unlike the others,

NOTE Confidence: 0.926762391538461

00:28:46.500 --> 00:28:48.438 it either has no effect on rapid

NOTE Confidence: 0.926762391538461

00:28:48.438 --> 00:28:50.482 eye movement sleep or it seems to

NOTE Confidence: 0.926762391538461

00:28:50.482 --> 00:28:52.148 increase rapid eye movement sleep.

NOTE Confidence: 0.895255722

00:28:54.620 --> 00:28:56.524 It tends to be activating and so

NOTE Confidence: 0.895255722

00:28:56.524 --> 00:28:58.571 sometimes it's even used to help reduce

NOTE Confidence: 0.895255722

00:28:58.571 --> 00:29:00.329 daytime somnolence in a patient with

NOTE Confidence: 0.895255722

00:29:00.389 --> 00:29:02.339 depression who's really having a hard

NOTE Confidence: 0.895255722

00:29:02.339 --> 00:29:05.332 time focusing there sort of have that

NOTE Confidence: 0.895255722

00:29:05.332 --> 00:29:08.288 mental cloudiness bupropion can be good.

NOTE Confidence: 0.895255722

00:29:08.288 --> 00:29:10.116 Unlike many other antidepressants

NOTE Confidence: 0.895255722

00:29:10.116 --> 00:29:13.037 which are associated with weight gain,

NOTE Confidence: 0.895255722

00:29:13.040 --> 00:29:15.212 Bureau program is not associated with

NOTE Confidence: 0.895255722

00:29:15.212 --> 00:29:17.868 that and occasionally can lead to some

NOTE Confidence: 0.895255722

00:29:17.868 --> 00:29:20.636 weight loss and then another difference is

NOTE Confidence: 0.895255722

00:29:20.636 --> 00:29:23.905 that it may reduce restless leg syndrome.

NOTE Confidence: 0.895255722

00:29:23.905 --> 00:29:26.591 Symptoms so mirtazapine here

NOTE Confidence: 0.895255722

00:29:26.591 --> 00:29:30.000 is the last one on the list.

NOTE Confidence: 0.895255722

00:29:30.000 --> 00:29:30.744 And actually,

NOTE Confidence: 0.895255722

00:29:30.744 --> 00:29:32.976 trazadone has similar effects as well,

NOTE Confidence: 0.895255722

00:29:32.980 --> 00:29:36.232 and that increases as sleep continuity

NOTE Confidence: 0.895255722

00:29:36.232 --> 00:29:38.520 increases, slow wave sleep and doesn't seem

NOTE Confidence: 0.895255722

00:29:38.520 --> 00:29:41.130 to have much of an effect on REM sleep.

NOTE Confidence: 0.895255722

00:29:41.130 --> 00:29:41.552 Unfortunately,

NOTE Confidence: 0.895255722

00:29:41.552 --> 00:29:44.928 it has a strong association with an increase

NOTE Confidence: 0.895255722

00:29:44.928 --> 00:29:47.940 in restless leg symptoms and nightmares,

NOTE Confidence: 0.895255722

00:29:47.940 --> 00:29:49.716 and also can cause significant weight

NOTE Confidence: 0.895255722

00:29:49.716 --> 00:29:52.029 gain as well as daytime somnolence.

NOTE Confidence: 0.929166442727273

00:29:54.660 --> 00:29:55.868 And then I just have a couple of

NOTE Confidence: 0.929166442727273

00:29:55.868 --> 00:29:57.532 other notes here, but I'm going

NOTE Confidence: 0.929166442727273

00:29:57.532 --> 00:30:00.340 to go over a lot of this again,

NOTE Confidence: 0.929166442727273

00:30:00.340 --> 00:30:02.846 so just overall in terms of the

NOTE Confidence: 0.929166442727273

00:30:02.846 --> 00:30:04.540 effects of antidepressants on sleep,

NOTE Confidence: 0.929166442727273

00:30:04.540 --> 00:30:06.675 there are significant variability within

NOTE Confidence: 0.929166442727273

00:30:06.675 --> 00:30:08.834 a class of depression, medications,

NOTE Confidence: 0.929166442727273

00:30:08.834 --> 00:30:11.498 and also even just between individuals,

NOTE Confidence: 0.929166442727273

00:30:11.500 --> 00:30:14.120 especially in the SSRI group.

NOTE Confidence: 0.929166442727273

00:30:14.120 --> 00:30:16.820 There's a lot of variability,

NOTE Confidence: 0.929166442727273

00:30:16.820 --> 00:30:20.438 some sris at SNR eyes and

NOTE Confidence: 0.929166442727273

00:30:20.438 --> 00:30:22.818 Grupo bupropion disrupt sleep.

NOTE Confidence: 0.929166442727273

00:30:22.818 --> 00:30:24.570 But other antidepressants.

NOTE Confidence: 0.929166442727273

00:30:24.570 --> 00:30:27.440 Seem to improve sleep continuity.

NOTE Confidence: 0.929166442727273

00:30:27.440 --> 00:30:29.108 Generally antidepressants are used

NOTE Confidence: 0.929166442727273

00:30:29.108 --> 00:30:31.610 in much higher doses for depression

NOTE Confidence: 0.929166442727273

00:30:31.678 --> 00:30:33.288 than they are for insomnia.

NOTE Confidence: 0.929166442727273

00:30:33.290 --> 00:30:34.622 1 exception is mirtazapine,

NOTE Confidence: 0.929166442727273

00:30:34.622 --> 00:30:37.517 15 to 30 milligrams may be kind of a

NOTE Confidence: 0.929166442727273

00:30:37.517 --> 00:30:39.456 sweet spot where it's low enough to

NOTE Confidence: 0.929166442727273

00:30:39.527 --> 00:30:41.747 work on histamine and improve sleep,

NOTE Confidence: 0.929166442727273

00:30:41.750 --> 00:30:44.948 but it's high enough to have

NOTE Confidence: 0.929166442727273

00:30:44.948 --> 00:30:46.547 some antidepressant benefit.

NOTE Confidence: 0.929166442727273

00:30:46.550 --> 00:30:48.284 Antidepressants may cause

NOTE Confidence: 0.929166442727273

00:30:48.284 --> 00:30:50.018 circadian rhythm disorders.

NOTE Confidence: 0.929166442727273

00:30:50.020 --> 00:30:51.600 There are some interesting

NOTE Confidence: 0.929166442727273

00:30:51.600 --> 00:30:53.180 studies showing that fluvoxamine,

NOTE Confidence: 0.929166442727273

00:30:53.180 --> 00:30:55.430 which is luvox and SSRI,

NOTE Confidence: 0.929166442727273

00:30:55.430 --> 00:30:57.778 seemed to cause delayed

NOTE Confidence: 0.929166442727273

00:30:57.780 --> 00:30:59.988 circadian rhythm disorder.

NOTE Confidence: 0.929166442727273

00:30:59.988 --> 00:31:02.196 Withdrawal from antidepressants

NOTE Confidence: 0.929166442727273

00:31:02.200 --> 00:31:04.024 can also disrupt sleep.

NOTE Confidence: 0.929166442727273

00:31:04.024 --> 00:31:04.936 Peroxy teen,

NOTE Confidence: 0.929166442727273

00:31:04.940 --> 00:31:06.920 which is Paxil and venlafaxine,

NOTE Confidence: 0.929166442727273

00:31:06.920 --> 00:31:08.272 which is a fixer,

NOTE Confidence: 0.929166442727273

00:31:08.272 --> 00:31:09.962 are notorious for being very

NOTE Confidence: 0.929166442727273

00:31:09.962 --> 00:31:12.101 difficult to come off of because

NOTE Confidence: 0.929166442727273

00:31:12.101 --> 00:31:13.493 of their withdrawal symptoms.

NOTE Confidence: 0.929166442727273

00:31:13.500 --> 00:31:16.160 Antidepressants can cause daytime sedation,

NOTE Confidence: 0.929166442727273

00:31:16.160 --> 00:31:17.946 so that's.

NOTE Confidence: 0.929166442727273

00:31:17.946 --> 00:31:20.560 Noteably in the case with mirtazapine

NOTE Confidence: 0.929166442727273

00:31:20.560 --> 00:31:22.534 and sometimes with Trazodone or they

NOTE Confidence: 0.929166442727273

00:31:22.534 --> 00:31:24.316 can improve alertness during the day,

NOTE Confidence: 0.929166442727273

00:31:24.320 --> 00:31:28.460 as I mentioned with bupropion.

NOTE Confidence: 0.929166442727273

00:31:28.460 --> 00:31:29.482 Generally antidepressants

NOTE Confidence: 0.929166442727273

00:31:29.482 --> 00:31:32.037 decrease rapid eye movement sleep,

NOTE Confidence: 0.929166442727273

00:31:32.040 --> 00:31:36.184 although there are exceptions as I mentioned.

NOTE Confidence: 0.929166442727273

00:31:36.190 --> 00:31:38.864 They seem to increase slow wave sleep.

NOTE Confidence: 0.929166442727273

00:31:38.870 --> 00:31:41.154 One exception though are

NOTE Confidence: 0.929166442727273

00:31:41.154 --> 00:31:42.867 the activating Tricyclics.

NOTE Confidence: 0.929166442727273

00:31:42.870 --> 00:31:46.349 May cause or worsen restless leg symptoms,

NOTE Confidence: 0.929166442727273

00:31:46.350 --> 00:31:47.286 especially mirtazapine.

NOTE Confidence: 0.929166442727273

00:31:47.286 --> 00:31:49.626 Again bupropion is an exception.

NOTE Confidence: 0.929166442727273

00:31:49.630 --> 00:31:52.304 There they can cause or worsen nightmares.

NOTE Confidence: 0.929166442727273

00:31:52.310 --> 00:31:53.822 Again, mirtazapine is,

NOTE Confidence: 0.929166442727273

00:31:53.822 --> 00:31:54.830 you know,

NOTE Confidence: 0.929166442727273

00:31:54.830 --> 00:31:56.790 especially noted to do that

NOTE Confidence: 0.929166442727273

00:31:56.790 --> 00:31:58.521 withdrawal from antidepressants

NOTE Confidence: 0.929166442727273

00:31:58.521 --> 00:32:00.829 can also cause nightmares,

NOTE Confidence: 0.929166442727273

00:32:00.830 --> 00:32:02.606 and then antidepressant medications

NOTE Confidence: 0.929166442727273

00:32:02.606 --> 00:32:04.826 can cause weight gain again,

NOTE Confidence: 0.929166442727273

00:32:04.830 --> 00:32:06.695 be appropriate as an exception

NOTE Confidence: 0.929166442727273

00:32:06.695 --> 00:32:07.874 there and then again,

NOTE Confidence: 0.929166442727273

00:32:07.874 --> 00:32:08.946 just as a reminder,

NOTE Confidence: 0.929166442727273

00:32:08.950 --> 00:32:11.505 antidepressants can trigger mania or

NOTE Confidence: 0.929166442727273

00:32:11.505 --> 00:32:14.780 hypomania in patients with bipolar disorder.

NOTE Confidence: 0.929166442727273

00:32:14.780 --> 00:32:17.524 Who are not also on a mood stabilizer?

NOTE Confidence: 0.929485683846154

00:32:20.600 --> 00:32:23.232 So, just briefly to mention the effect

NOTE Confidence: 0.929485683846154

00:32:23.232 --> 00:32:25.580 of sleep deprivation on mood disorders,

NOTE Confidence: 0.929485683846154

00:32:25.580 --> 00:32:27.981 a single night of sleep deprivation seems

NOTE Confidence: 0.929485683846154

00:32:27.981 --> 00:32:31.585 to have a short lived but very powerful

NOTE Confidence: 0.929485683846154

00:32:31.585 --> 00:32:34.303 antidepressant effect. It's in over.

NOTE Confidence: 0.929485683846154

00:32:34.303 --> 00:32:38.360 Half of patients seem to have a complete

NOTE Confidence: 0.929485683846154

00:32:38.360 --> 00:32:40.700 response of their major depression

NOTE Confidence: 0.929485683846154

00:32:40.700 --> 00:32:43.796 after just one night without sleep.

NOTE Confidence: 0.929485683846154

00:32:43.800 --> 00:32:45.051 Unfortunately, after they

NOTE Confidence: 0.929485683846154

00:32:45.051 --> 00:32:46.719 sleep the next time,

NOTE Confidence: 0.929485683846154

00:32:46.720 --> 00:32:48.134 even for just a couple of hours,

NOTE Confidence: 0.929485683846154

00:32:48.140 --> 00:32:49.037 the depression returns.

NOTE Confidence: 0.929485683846154

00:32:49.037 --> 00:32:51.130 So it's not really very practical treatment.

NOTE Confidence: 0.929485683846154

00:32:51.130 --> 00:32:53.223 Although I have been involved in one

NOTE Confidence: 0.929485683846154

00:32:53.223 --> 00:32:55.618 case where we did use that per patient

NOTE Confidence: 0.929485683846154

00:32:55.620 --> 00:32:57.576 who was extremely depressed for months

NOTE Confidence: 0.929485683846154

00:32:57.576 --> 00:32:59.769 and we just really needed some wins

NOTE Confidence: 0.929485683846154

00:32:59.769 --> 00:33:02.196 for her to sort of have a little bit

NOTE Confidence: 0.929485683846154

00:33:02.196 --> 00:33:04.449 of hope that she could get better.

NOTE Confidence: 0.929485683846154

00:33:04.450 --> 00:33:07.450 Partial sleep deprivation has been tried,

NOTE Confidence: 0.929485683846154

00:33:07.450 --> 00:33:09.670 including just sort of all stages.

NOTE Confidence: 0.929485683846154

00:33:09.670 --> 00:33:10.645 In other words,

NOTE Confidence: 0.929485683846154

00:33:10.645 --> 00:33:12.270 just restricting the total number

NOTE Confidence: 0.929485683846154

00:33:12.270 --> 00:33:14.697 of hours of sleep and then also

NOTE Confidence: 0.929485683846154

00:33:14.697 --> 00:33:16.069 selective REM sleep deprivation.

NOTE Confidence: 0.929485683846154

00:33:16.070 --> 00:33:19.590 So doing studies in the lab where you

NOTE Confidence: 0.929485683846154

00:33:19.590 --> 00:33:20.850 know when you notice the patient starts

NOTE Confidence: 0.929485683846154

00:33:20.850 --> 00:33:22.089 going into rapid eye movement sleep,

NOTE Confidence: 0.929485683846154

00:33:22.090 --> 00:33:25.088 then you wake them up and that that

NOTE Confidence: 0.929485683846154

00:33:25.088 --> 00:33:27.318 may have some sustained benefits,

NOTE Confidence: 0.929485683846154

00:33:27.320 --> 00:33:30.068 but certainly still not a practical

NOTE Confidence: 0.929485683846154

00:33:30.070 --> 00:33:33.720 treatment most of the time and then.

NOTE Confidence: 0.929485683846154

00:33:33.720 --> 00:33:35.415 Similar to antidepressants

NOTE Confidence: 0.929485683846154

00:33:35.415 --> 00:33:37.110 with bipolar disorder,

NOTE Confidence: 0.929485683846154

00:33:37.110 --> 00:33:39.062 sleep deprivation in patients

NOTE Confidence: 0.929485683846154

00:33:39.062 --> 00:33:41.502 with bipolar disorder has been

NOTE Confidence: 0.929485683846154

00:33:41.502 --> 00:33:43.848 shown in experimental studies.

NOTE Confidence: 0.929485683846154

00:33:43.850 --> 00:33:46.190 To increase the risk of mania.

NOTE Confidence: 0.929485683846154

00:33:46.190 --> 00:33:49.376 We don't know for sure if that happens in,

NOTE Confidence: 0.929485683846154

00:33:49.380 --> 00:33:50.252 you know,

NOTE Confidence: 0.929485683846154

00:33:50.252 --> 00:33:54.195 real life and but we we know we are

NOTE Confidence: 0.929485683846154

00:33:54.195 --> 00:33:55.542 concerned enough about that that we

NOTE Confidence: 0.929485683846154

00:33:55.542 --> 00:33:56.946 try to tell patients with bipolar

NOTE Confidence: 0.929485683846154

00:33:56.946 --> 00:33:58.416 disorder to really protect their sleep

NOTE Confidence: 0.929485683846154

00:33:58.416 --> 00:34:00.089 and make sure they get enough sleep.

NOTE Confidence: 0.929485683846154

00:34:00.090 --> 00:34:02.640 Because of this risk of triggering

NOTE Confidence: 0.929485683846154

00:34:02.640 --> 00:34:06.670 triggering mania from sleep deprivation.

NOTE Confidence: 0.929485683846154

00:34:06.670 --> 00:34:08.819 And then just briefly to talk about

NOTE Confidence: 0.929485683846154

00:34:08.819 --> 00:34:11.309 the impact of light on mood disorders.

NOTE Confidence: 0.929485683846154

00:34:11.310 --> 00:34:13.970 Bright light therapy is the most effective

NOTE Confidence: 0.929485683846154

00:34:13.970 --> 00:34:16.289 treatment for seasonal affective disorder,

NOTE Confidence: 0.929485683846154

00:34:16.290 --> 00:34:18.710 and that's currently now called

NOTE Confidence: 0.929485683846154

00:34:18.710 --> 00:34:20.646 seasonal major depressive disorder.

NOTE Confidence: 0.929485683846154

00:34:20.650 --> 00:34:22.386 It's also effective in

NOTE Confidence: 0.929485683846154

00:34:22.386 --> 00:34:23.688 Nonseasonal major depression,

NOTE Confidence: 0.929485683846154

00:34:23.690 --> 00:34:25.826 especially if it's used

NOTE Confidence: 0.929485683846154

00:34:25.826 --> 00:34:27.428 along with antidepressants.

NOTE Confidence: 0.929485683846154

00:34:27.430 --> 00:34:30.048 It may be effective for bipolar depression,

NOTE Confidence: 0.929485683846154

00:34:30.050 --> 00:34:32.668 but again, really as an adjunctive therapy,

NOTE Confidence: 0.929485683846154

00:34:32.670 --> 00:34:34.866 the person also has to be

NOTE Confidence: 0.929485683846154

00:34:34.866 --> 00:34:36.330 on a mood stabilizer.

NOTE Confidence: 0.929485683846154

00:34:36.330 --> 00:34:36.870 You know,

NOTE Confidence: 0.929485683846154

00:34:36.870 --> 00:34:38.760 because it's not associated with weight gain,

NOTE Confidence: 0.929485683846154

00:34:38.760 --> 00:34:40.310 there are no drug interactions

NOTE Confidence: 0.929485683846154

00:34:40.310 --> 00:34:41.860 or try to genic effects.

NOTE Confidence: 0.929485683846154

00:34:41.860 --> 00:34:44.086 It may be something that we'll

NOTE Confidence: 0.929485683846154

00:34:44.086 --> 00:34:46.000 see used more commonly over.

NOTE Confidence: 0.929485683846154

00:34:46.000 --> 00:34:48.972 You know the next decade or so it

NOTE Confidence: 0.929485683846154

00:34:48.972 --> 00:34:51.444 it can cause some mild headache.

NOTE Confidence: 0.929485683846154

00:34:51.450 --> 00:34:53.485 Eye strain is occasionally reported

NOTE Confidence: 0.929485683846154

00:34:53.485 --> 00:34:55.113 agitation as occasionally reported,

NOTE Confidence: 0.929485683846154

00:34:55.120 --> 00:34:56.905 but it's generally very safe

NOTE Confidence: 0.929485683846154

00:34:56.905 --> 00:34:57.976 and well tolerated.

NOTE Confidence: 0.929485683846154

00:34:57.980 --> 00:35:01.172 And then though there is this potential

NOTE Confidence: 0.929485683846154

00:35:01.172 --> 00:35:03.690 to trigger mania or hypomania.

NOTE Confidence: 0.929485683846154

00:35:03.690 --> 00:35:06.789 In vulnerable patients.

NOTE Confidence: 0.929485683846154

00:35:06.790 --> 00:35:09.268 So just wrapping up that section

NOTE Confidence: 0.929485683846154

00:35:09.268 --> 00:35:10.920 on antidepressants and sleep

NOTE Confidence: 0.929485683846154

00:35:10.990 --> 00:35:12.478 deprivation and light.

NOTE Confidence: 0.929485683846154

00:35:12.480 --> 00:35:15.440 Most antidepressants suppress REM sleep,

NOTE Confidence: 0.929485683846154

00:35:15.440 --> 00:35:17.320 increase slow wave sleep,

NOTE Confidence: 0.929485683846154

00:35:17.320 --> 00:35:20.140 and can worsen restless leg symptoms

NOTE Confidence: 0.929485683846154

00:35:20.222 --> 00:35:21.773 and parasomnias antidepressant

NOTE Confidence: 0.929485683846154

00:35:21.773 --> 00:35:24.251 effects on sleep vary within the

NOTE Confidence: 0.929485683846154

00:35:24.251 --> 00:35:26.320 class and between individuals.

NOTE Confidence: 0.929485683846154

00:35:26.320 --> 00:35:28.708 Sleep deprivation may transient

NOTE Confidence: 0.929485683846154

00:35:28.708 --> 00:35:30.499 Lee cure depression.

NOTE Confidence: 0.929485683846154

00:35:30.500 --> 00:35:32.180 And then sleep deprivation

NOTE Confidence: 0.929485683846154

00:35:32.180 --> 00:35:33.860 can also trigger mania.

NOTE Confidence: 0.929485683846154

00:35:33.860 --> 00:35:36.620 Bright light therapy can improve mood,

NOTE Confidence: 0.929485683846154

00:35:36.620 --> 00:35:38.474 and we also know that it

NOTE Confidence: 0.929485683846154

00:35:38.474 --> 00:35:39.710 has powerful effects on

NOTE Confidence: 0.948207482142857

00:35:39.780 --> 00:35:42.342 sleep and helping to strengthen circadian

NOTE Confidence: 0.948207482142857

00:35:42.342 --> 00:35:45.870 rhythms and shift them and patients

NOTE Confidence: 0.948207482142857

00:35:45.870 --> 00:35:48.810 with bipolar disorder again should not

NOTE Confidence: 0.948207482142857

00:35:48.810 --> 00:35:50.965 use antidepressants or light therapy

NOTE Confidence: 0.948207482142857

00:35:50.965 --> 00:35:53.527 if they're not on a mood stabilizer.

NOTE Confidence: 0.948207482142857

00:35:53.530 --> 00:35:56.319 So just a couple of you know what I hope will

NOTE Confidence: 0.948207482142857

00:35:56.319 --> 00:35:58.720 be practical tools here for patient care.

NOTE Confidence: 0.970062242222222

00:36:00.750 --> 00:36:04.462 So you know, I think it's helpful if

NOTE Confidence: 0.970062242222222

00:36:04.462 --> 00:36:06.898 we assess all patients in sleep clinic

NOTE Confidence: 0.970062242222222

00:36:06.898 --> 00:36:08.778 for mood disorders, and you know,

NOTE Confidence: 0.970062242222222

00:36:08.778 --> 00:36:10.850 ask about anxiety as well as mood.

NOTE Confidence: 0.970062242222222

00:36:10.850 --> 00:36:12.250 So just a simple question you know.

NOTE Confidence: 0.970062242222222

00:36:12.250 --> 00:36:13.570 Have you been irritable

NOTE Confidence: 0.970062242222222

00:36:13.570 --> 00:36:14.890 down or anxious lately,

NOTE Confidence: 0.970062242222222

00:36:14.890 --> 00:36:17.154 or what's on your mind when you're lying

NOTE Confidence: 0.970062242222222

00:36:17.154 --> 00:36:19.808 in bed and you can't sleep to assess

NOTE Confidence: 0.970062242222222

00:36:19.808 --> 00:36:23.320 self attitude if you can sort of guess

NOTE Confidence: 0.970062242222222

00:36:23.421 --> 00:36:26.718 at what matters most to the patient?

NOTE Confidence: 0.970062242222222

00:36:26.720 --> 00:36:28.000 That's typically more helpful

NOTE Confidence: 0.970062242222222

00:36:28.000 --> 00:36:29.280 than saying you know,

NOTE Confidence: 0.970062242222222

00:36:29.280 --> 00:36:31.024 do you think you're a good person because

NOTE Confidence: 0.970062242222222

00:36:31.024 --> 00:36:32.438 the majority of people will say yes?

NOTE Confidence: 0.970062242222222

00:36:32.440 --> 00:36:33.960 Of course, I'm a good person. You know.

NOTE Confidence: 0.970062242222222

00:36:33.960 --> 00:36:35.640 It's like saying how are you fine,

NOTE Confidence: 0.970062242222222

00:36:35.640 --> 00:36:37.663 you know, but if you say you

NOTE Confidence: 0.970062242222222

00:36:37.663 --> 00:36:40.139 know to a woman with children,

NOTE Confidence: 0.970062242222222

00:36:40.140 --> 00:36:42.200 you know how are you doing as a mom you know?

NOTE Confidence: 0.970062242222222

00:36:42.200 --> 00:36:44.424 Or if a man you know maybe sees

NOTE Confidence: 0.970062242222222

00:36:44.424 --> 00:36:46.638 his career as his primary identity?

NOTE Confidence: 0.970062242222222

00:36:46.640 --> 00:36:49.547 You know how are you doing in your career?

NOTE Confidence: 0.970062242222222

00:36:49.550 --> 00:36:52.378 If you know an elderly person may

NOTE Confidence: 0.970062242222222

00:36:52.378 --> 00:36:55.189 feel that they're a burden on their

NOTE Confidence: 0.970062242222222

00:36:55.189 --> 00:36:56.562 family if they're struggling with

NOTE Confidence: 0.970062242222222

00:36:56.562 --> 00:36:58.050 depression and so asking you know,

NOTE Confidence: 0.970062242222222

00:36:58.050 --> 00:37:00.246 do you get to spend time with your grandkids?

NOTE Confidence: 0.970062242222222

00:37:00.250 --> 00:37:02.868 Those can really get at self attitude.

NOTE Confidence: 0.925251531875

00:37:05.210 --> 00:37:07.184 You know it's better to avoid

NOTE Confidence: 0.925251531875

00:37:07.184 --> 00:37:08.930 jargon and just document your

NOTE Confidence: 0.925251531875

00:37:08.930 --> 00:37:10.760 observations in your own words.

NOTE Confidence: 0.925251531875

00:37:10.760 --> 00:37:12.209 So instead of you know normal mood,

NOTE Confidence: 0.925251531875

00:37:12.210 --> 00:37:13.830 normal affect, you know the

NOTE Confidence: 0.925251531875

00:37:13.830 --> 00:37:15.801 definitions of those things are kind

NOTE Confidence: 0.925251531875

00:37:15.801 --> 00:37:17.256 of inconsistent and doesn't really

NOTE Confidence: 0.925251531875

00:37:17.256 --> 00:37:19.700 give us a lot of information really.

NOTE Confidence: 0.925251531875

00:37:19.700 --> 00:37:22.400 Just write whatever you you notice.

NOTE Confidence: 0.925251531875

00:37:22.400 --> 00:37:24.486 So for example, you know he described

NOTE Confidence: 0.925251531875

00:37:24.486 --> 00:37:26.670 his mood as OK but appeared sad.

NOTE Confidence: 0.925251531875

00:37:26.670 --> 00:37:28.060 He made rare eye contact,

NOTE Confidence: 0.925251531875

00:37:28.060 --> 00:37:31.408 spoke slowly and did not smile.

NOTE Confidence: 0.925251531875

00:37:31.410 --> 00:37:32.800 She described her mood as

NOTE Confidence: 0.925251531875

00:37:32.800 --> 00:37:34.190 pretty good and looked cheerful.

NOTE Confidence: 0.925251531875

00:37:34.190 --> 00:37:36.122 She made good eye contact and

NOTE Confidence: 0.925251531875

00:37:36.122 --> 00:37:38.089 even laughed at my bad joke.

NOTE Confidence: 0.925251531875

00:37:38.090 --> 00:37:39.630 Or the patient was animated,

NOTE Confidence: 0.925251531875

00:37:39.630 --> 00:37:41.490 tapping his foot constantly and

NOTE Confidence: 0.925251531875

00:37:41.490 --> 00:37:42.234 speaking quickly.

NOTE Confidence: 0.925251531875

00:37:42.240 --> 00:37:44.292 He was difficult to interrupt and

NOTE Confidence: 0.925251531875

00:37:44.292 --> 00:37:45.318 required frequent redirection

NOTE Confidence: 0.925251531875

00:37:45.318 --> 00:37:47.060 to get through the interview.

NOTE Confidence: 0.869066402

00:37:49.400 --> 00:37:50.560 You know, as sleep clinicians,

NOTE Confidence: 0.869066402

00:37:50.560 --> 00:37:53.048 we're not going to be diagnosing and treating

NOTE Confidence: 0.869066402

00:37:53.048 --> 00:37:55.000 patients with mood disorders directly,

NOTE Confidence: 0.869066402

00:37:55.000 --> 00:37:57.166 but we can really help encourage

NOTE Confidence: 0.869066402

00:37:57.166 --> 00:37:59.818 them to get treated for their mood

NOTE Confidence: 0.869066402

00:37:59.818 --> 00:38:02.086 disorder and to stay in treatment.

NOTE Confidence: 0.869066402

00:38:02.090 --> 00:38:04.214 So one of my mentors used to tell our

NOTE Confidence: 0.869066402

00:38:04.214 --> 00:38:05.847 patients depression is like asthma.

NOTE Confidence: 0.869066402

00:38:05.850 --> 00:38:07.775 You know it's a real medical disorder.

NOTE Confidence: 0.869066402

00:38:07.780 --> 00:38:09.716 It's treated with medications

NOTE Confidence: 0.869066402

00:38:09.716 --> 00:38:11.168 and lifestyle changes.

NOTE Confidence: 0.869066402

00:38:11.170 --> 00:38:12.598 We know that it runs in families.

NOTE Confidence: 0.869066402

00:38:12.600 --> 00:38:14.720 There's a strong genetic component.

NOTE Confidence: 0.869066402

00:38:14.720 --> 00:38:16.228 There's a consistent clinical

NOTE Confidence: 0.869066402

00:38:16.228 --> 00:38:18.113 picture across time and cultures.

NOTE Confidence: 0.869066402

00:38:18.120 --> 00:38:19.809 It's a syndrome.

NOTE Confidence: 0.869066402

00:38:19.809 --> 00:38:22.624 And there are environmental triggers.

NOTE Confidence: 0.869066402

00:38:22.630 --> 00:38:24.686 And then in terms of staying in treatment,

NOTE Confidence: 0.869066402

00:38:24.690 --> 00:38:26.330 you know if the person

NOTE Confidence: 0.869066402

00:38:26.330 --> 00:38:27.642 has concerns about you,

NOTE Confidence: 0.869066402

00:38:27.650 --> 00:38:29.215 know side effects of medications

NOTE Confidence: 0.869066402

00:38:29.215 --> 00:38:30.467 or how they're progressing,

NOTE Confidence: 0.869066402

00:38:30.470 --> 00:38:31.986 or they're you know,

NOTE Confidence: 0.869066402

00:38:31.986 --> 00:38:34.260 not doing well in psychotherapy really,

NOTE Confidence: 0.869066402

00:38:34.260 --> 00:38:36.066 encourage them to talk with their

NOTE Confidence: 0.869066402

00:38:36.066 --> 00:38:38.100 mental health team about those concerns.

NOTE Confidence: 0.968206925384615

00:38:41.530 --> 00:38:44.034 I found this useful to try to encourage

NOTE Confidence: 0.968206925384615

00:38:44.034 --> 00:38:45.828 patients to stay in treatment,

NOTE Confidence: 0.968206925384615

00:38:45.830 --> 00:38:48.526 so this was again by the same mentor,

NOTE Confidence: 0.968206925384615

00:38:48.530 --> 00:38:50.670 doctor Karen Swartz at Hopkins,

NOTE Confidence: 0.968206925384615

00:38:50.670 --> 00:38:52.426 so she would tell patients, you know,

NOTE Confidence: 0.968206925384615

00:38:52.426 --> 00:38:54.284 here's how you want to get better, you know?

NOTE Confidence: 0.968206925384615

00:38:54.284 --> 00:38:55.269 So that's the yellow line.

NOTE Confidence: 0.968206925384615

00:38:55.270 --> 00:38:56.764 Just basically tomorrow.

NOTE Confidence: 0.968206925384615

00:38:56.764 --> 00:38:58.038 You're 100% better.

NOTE Confidence: 0.968206925384615

00:38:58.038 --> 00:38:59.984 And then the blue line is how

NOTE Confidence: 0.968206925384615

00:38:59.984 --> 00:39:01.669 you think you'll get better.

NOTE Confidence: 0.968206925384615

00:39:01.670 --> 00:39:03.400 And so that's kind of

NOTE Confidence: 0.968206925384615

00:39:03.400 --> 00:39:04.784 slow and steady overtime.

NOTE Confidence: 0.968206925384615

00:39:04.790 --> 00:39:06.393 But the green line is how you

NOTE Confidence: 0.968206925384615

00:39:06.393 --> 00:39:07.480 actually will get better,

NOTE Confidence: 0.968206925384615

00:39:07.480 --> 00:39:09.304 and so that's you know ups and downs.

NOTE Confidence: 0.968206925384615

00:39:09.310 --> 00:39:10.118 But overall,

NOTE Confidence: 0.968206925384615

00:39:10.118 --> 00:39:11.330 making progress overtime.

NOTE Confidence: 0.885499238571429

00:39:14.210 --> 00:39:16.265 In terms of thinking about

NOTE Confidence: 0.885499238571429

00:39:16.265 --> 00:39:17.087 psychiatric medications,

NOTE Confidence: 0.885499238571429

00:39:17.090 --> 00:39:19.858 you know as a sleep clinician you know.

NOTE Confidence: 0.885499238571429

00:39:19.858 --> 00:39:21.426 I think it's important that we don't

NOTE Confidence: 0.885499238571429

00:39:21.426 --> 00:39:23.008 change people psychiatric medications,

NOTE Confidence: 0.885499238571429

00:39:23.010 --> 00:39:24.048 but we need to thank you,

NOTE Confidence: 0.885499238571429

00:39:24.050 --> 00:39:25.912 know how likely is it that this

NOTE Confidence: 0.885499238571429

00:39:25.912 --> 00:39:27.435 medication is either causing or

NOTE Confidence: 0.885499238571429

00:39:27.435 --> 00:39:28.767 contributing to the problem?

NOTE Confidence: 0.885499238571429

00:39:28.770 --> 00:39:31.773 What other factors could be addressed besides

NOTE Confidence: 0.885499238571429

00:39:31.773 --> 00:39:34.740 or before changing psychiatric medications?

NOTE Confidence: 0.885499238571429

00:39:34.740 --> 00:39:36.258 How important is it that we

NOTE Confidence: 0.885499238571429

00:39:36.258 --> 00:39:37.270 get an accurate diagnosis?

NOTE Confidence: 0.885499238571429

00:39:37.270 --> 00:39:39.730 Sometimes it's really important, you know.

NOTE Confidence: 0.885499238571429

00:39:39.730 --> 00:39:42.860 In the case of like I had a patient who.

NOTE Confidence: 0.885499238571429

00:39:42.860 --> 00:39:45.534 Was having all kinds of legal problems

NOTE Confidence: 0.885499238571429

00:39:45.534 --> 00:39:47.515 because he did something when he was

NOTE Confidence: 0.885499238571429

00:39:47.515 --> 00:39:49.079 supposedly asleep and we needed to see.

NOTE Confidence: 0.885499238571429

00:39:49.080 --> 00:39:50.260 Does he really have narcolepsy?

NOTE Confidence: 0.885499238571429

00:39:50.260 --> 00:39:53.114 And you know in that case it was very

NOTE Confidence: 0.885499238571429

00:39:53.114 --> 00:39:54.799 important that you had an accurate diagnosis,

NOTE Confidence: 0.885499238571429

00:39:54.800 --> 00:39:57.830 but often it's not that important.

NOTE Confidence: 0.885499238571429

00:39:57.830 --> 00:39:59.580 How serious is the underlying

NOTE Confidence: 0.885499238571429

00:39:59.580 --> 00:40:00.980 psychiatric condition you know?

NOTE Confidence: 0.885499238571429

00:40:00.980 --> 00:40:03.752 Is this a patient who has mild

NOTE Confidence: 0.885499238571429

00:40:03.752 --> 00:40:05.886 depression and they just tried Zoloft

NOTE Confidence: 0.885499238571429

00:40:05.886 --> 00:40:07.890 50 milligrams and they're doing fine?

NOTE Confidence: 0.885499238571429

00:40:07.890 --> 00:40:09.606 Or is this somebody with really

NOTE Confidence: 0.885499238571429

00:40:09.606 --> 00:40:10.464 severe mental illness?

NOTE Confidence: 0.885499238571429

00:40:10.470 --> 00:40:11.541 They've been hospitalized,

NOTE Confidence: 0.885499238571429

00:40:11.541 --> 00:40:12.969 they've tried multiple medications,

NOTE Confidence: 0.885499238571429

00:40:12.970 --> 00:40:14.458 and we really don't want to

NOTE Confidence: 0.885499238571429

00:40:14.458 --> 00:40:15.450 mess with their regimen.

NOTE Confidence: 0.885499238571429

00:40:15.450 --> 00:40:16.218 And then again,

NOTE Confidence: 0.885499238571429

00:40:16.218 --> 00:40:16.986 I would say,

NOTE Confidence: 0.885499238571429

00:40:16.990 --> 00:40:18.880 you know it's probably best to

NOTE Confidence: 0.885499238571429

00:40:18.880 --> 00:40:20.140 not change psychiatric medications

NOTE Confidence: 0.885499238571429

00:40:20.192 --> 00:40:21.548 prescribed by somebody else,

NOTE Confidence: 0.885499238571429

00:40:21.550 --> 00:40:23.540 but I would recommend discussing

NOTE Confidence: 0.885499238571429

00:40:23.540 --> 00:40:25.530 the sleep effects and alternative

NOTE Confidence: 0.885499238571429

00:40:25.591 --> 00:40:27.459 treatments with the prescribed.

NOTE Confidence: 0.885499238571429

00:40:27.460 --> 00:40:29.680 Prescribing clinician because you know,

NOTE Confidence: 0.885499238571429

00:40:29.680 --> 00:40:33.110 it's possible that the psychiatrist

NOTE Confidence: 0.885499238571429

00:40:33.110 --> 00:40:35.865 or primary care provider is just

NOTE Confidence: 0.885499238571429

00:40:35.865 --> 00:40:38.486 not aware of these impact on

NOTE Confidence: 0.885499238571429

00:40:38.486 --> 00:40:40.406 sleep from these medications.

NOTE Confidence: 0.885499238571429

00:40:40.410 --> 00:40:43.188 And one more thing for medications.

NOTE Confidence: 0.885499238571429

00:40:43.190 --> 00:40:45.445 I mentioned that some antidepressants

NOTE Confidence: 0.885499238571429

00:40:45.445 --> 00:40:48.140 can be very difficult to stop,

NOTE Confidence: 0.885499238571429

00:40:48.140 --> 00:40:49.790 and I had a patient actually,

NOTE Confidence: 0.885499238571429

00:40:49.790 --> 00:40:51.248 a couple of patients in sleep

NOTE Confidence: 0.885499238571429

00:40:51.248 --> 00:40:52.843 clinic this year who needed to

NOTE Confidence: 0.885499238571429

00:40:52.843 --> 00:40:54.268 come off of tricky medications.

NOTE Confidence: 0.885499238571429

00:40:54.270 --> 00:40:56.517 And I used this technique for them.

NOTE Confidence: 0.885499238571429

00:40:56.520 --> 00:41:00.954 So one person in particular was on Effexor,

NOTE Confidence: 0.885499238571429

00:41:00.954 --> 00:41:03.564 which has been the vaccine 150 milligrams.

NOTE Confidence: 0.885499238571429

00:41:03.564 --> 00:41:05.106 He was on it for years,

NOTE Confidence: 0.885499238571429

00:41:05.110 --> 00:41:06.030 kept trying to come off,

NOTE Confidence: 0.885499238571429

00:41:06.030 --> 00:41:08.460 just couldn't tolerate the taper

NOTE Confidence: 0.885499238571429

00:41:08.460 --> 00:41:10.170 and his primary care doctor was

NOTE Confidence: 0.885499238571429

00:41:10.170 --> 00:41:11.580 prescribing it for him and.

NOTE Confidence: 0.885499238571429

73

00:41:11.580 --> 00:41:12.498 And you know,

NOTE Confidence: 0.885499238571429

00:41:12.498 --> 00:41:14.334 it was probably just not aware

NOTE Confidence: 0.885499238571429

00:41:14.334 --> 00:41:15.689 of this technique,

NOTE Confidence: 0.885499238571429

00:41:15.690 --> 00:41:17.679 so I didn't directly tell him to do this.

NOTE Confidence: 0.885499238571429

00:41:17.680 --> 00:41:18.300 But I said, you know,

NOTE Confidence: 0.885499238571429

00:41:18.300 --> 00:41:20.520 talk with your prescribing

NOTE Confidence: 0.885499238571429

00:41:20.520 --> 00:41:23.295 clinician about a slow taper,

NOTE Confidence: 0.885499238571429

00:41:23.300 --> 00:41:24.805 and this can also be useful for

NOTE Confidence: 0.885499238571429

00:41:24.805 --> 00:41:26.090 coming up for patients who've

NOTE Confidence: 0.885499238571429

00:41:26.090 --> 00:41:27.560 been on benzos for decades.

NOTE Confidence: 0.885499238571429

00:41:27.560 --> 00:41:29.401 You know for sleep or they're addicted

NOTE Confidence: 0.885499238571429

00:41:29.401 --> 00:41:31.359 to their 20 milligrams of Ambien,

NOTE Confidence: 0.885499238571429

00:41:31.360 --> 00:41:31.920 for example.

NOTE Confidence: 0.885499238571429

00:41:31.920 --> 00:41:34.160 So so the idea is to just think

NOTE Confidence: 0.885499238571429

00:41:34.225 --> 00:41:35.880 in terms of weekly dosage,

NOTE Confidence: 0.885499238571429

00:41:35.880 --> 00:41:37.690 and then just gradually reduce

NOTE Confidence: 0.885499238571429

00:41:37.690 --> 00:41:39.138 the total weekly dosage.

NOTE Confidence: 0.885499238571429

00:41:39.140 --> 00:41:41.112 So in the patient,

NOTE Confidence: 0.885499238571429

00:41:41.112 --> 00:41:44.566 who's on 150 milligrams of venlafaxine a day?

NOTE Confidence: 0.885499238571429

00:41:44.570 --> 00:41:45.056 First,

NOTE Confidence: 0.885499238571429

00:41:45.056 --> 00:41:48.280 you can change to 437 1/2 milligram pills,

NOTE Confidence: 0.885499238571429

00:41:48.280 --> 00:41:50.200 so whatever the smallest increment is,

NOTE Confidence: 0.885499238571429

00:41:50.200 --> 00:41:51.584 and then in week one you have them.

NOTE Confidence: 0.885499238571429

00:41:51.590 --> 00:41:53.844 Take 3 pills just one day out

NOTE Confidence: 0.885499238571429

00:41:53.844 --> 00:41:56.229 of the week and then 4 pills,

NOTE Confidence: 0.885499238571429

00:41:56.230 --> 00:41:58.426 which would be the full 150 milligram dose.

NOTE Confidence: 0.885499238571429

00:41:58.426 --> 00:42:00.750 All the other dates so you're just

NOTE Confidence: 0.885499238571429

00:42:00.818 --> 00:42:02.818 gradually reducing the weekly dose

NOTE Confidence: 0.885499238571429

00:42:02.818 --> 00:42:04.784 from 1050 milligrams to 1012.5.

NOTE Confidence: 0.885499238571429

00:42:04.784 --> 00:42:07.130 And then the second week they

NOTE Confidence: 0.931493346818182

00:42:07.205 --> 00:42:09.403 would take 3 pills on two days

NOTE Confidence: 0.931493346818182

00:42:09.403 --> 00:42:11.329 like on Monday and Thursday,

NOTE Confidence: 0.931493346818182

00:42:11.330 --> 00:42:12.898 and then they take the full 4

NOTE Confidence: 0.931493346818182

00:42:12.898 --> 00:42:14.785 pills all the other days and just

NOTE Confidence: 0.931493346818182

00:42:14.785 --> 00:42:17.373 gradually chip away often on this

NOTE Confidence: 0.931493346818182

00:42:17.373 --> 00:42:20.058 regimen people will will kind of go

NOTE Confidence: 0.931493346818182

00:42:20.058 --> 00:42:21.877 go down more quickly towards the end

NOTE Confidence: 0.931493346818182

00:42:21.877 --> 00:42:23.129 because they're feeling optimistic

NOTE Confidence: 0.931493346818182

00:42:23.129 --> 00:42:25.249 and they know that they can do it,

NOTE Confidence: 0.931493346818182

00:42:25.250 --> 00:42:26.420 but if they're having trouble

NOTE Confidence: 0.931493346818182

00:42:26.420 --> 00:42:28.130 at the very end of the taper,

NOTE Confidence: 0.931493346818182

00:42:28.130 --> 00:42:30.110 another trick is to talk with

NOTE Confidence: 0.931493346818182

00:42:30.110 --> 00:42:31.430 the pharmacist about getting

NOTE Confidence: 0.931493346818182

00:42:31.493 --> 00:42:32.690 a liquid formulation,

NOTE Confidence: 0.931493346818182

00:42:32.690 --> 00:42:34.783 and then you can have them dilute

NOTE Confidence: 0.931493346818182

00:42:34.783 --> 00:42:36.597 the medication and just do a very,

NOTE Confidence: 0.931493346818182

00:42:36.600 --> 00:42:37.425 very gradual taper.

NOTE Confidence: 0.931493346818182

00:42:37.425 --> 00:42:38.250 At the end.

NOTE Confidence: 0.89704785

00:42:41.800 --> 00:42:43.980 And then last point is,

NOTE Confidence: 0.89704785

00:42:43.980 --> 00:42:45.744 we're in a really good position to

NOTE Confidence: 0.89704785

00:42:45.744 --> 00:42:47.199 help patients with mood disorders

NOTE Confidence: 0.89704785

00:42:47.199 --> 00:42:48.499 by protecting their sleep.

NOTE Confidence: 0.89704785

00:42:48.500 --> 00:42:50.630 We can really optimize sleep

NOTE Confidence: 0.89704785

00:42:50.630 --> 00:42:52.334 in many different ways,

NOTE Confidence: 0.89704785

00:42:52.340 --> 00:42:54.636 so I think it's important that we

NOTE Confidence: 0.89704785

00:42:54.636 --> 00:42:56.518 don't ignore insomnia or delay care.

NOTE Confidence: 0.89704785

00:42:56.520 --> 00:42:57.815 You know, I've certainly ordered

NOTE Confidence: 0.89704785

00:42:57.815 --> 00:42:59.110 sleep studies in patients with

NOTE Confidence: 0.89704785

00:42:59.160 --> 00:43:00.697 insomnia because I was thinking, well,

NOTE Confidence: 0.89704785

00:43:00.697 --> 00:43:02.433 maybe there's a chance they have sleep apnea,

NOTE Confidence: 0.89704785

00:43:02.440 --> 00:43:04.600 but it can take several months.

NOTE Confidence: 0.89704785

00:43:04.600 --> 00:43:05.914 You know, for those studies to

NOTE Confidence: 0.89704785

00:43:05.914 --> 00:43:07.370 happen and then get the results,

NOTE Confidence: 0.89704785

00:43:07.370 --> 00:43:08.936 and then you know the home test is negative,

NOTE Confidence: 0.89704785

00:43:08.940 --> 00:43:10.420 and then you do an in lab and.

NOTE Confidence: 0.89704785

00:43:10.420 --> 00:43:12.490 And really, the person is suffering

NOTE Confidence: 0.89704785

00:43:12.490 --> 00:43:14.630 with their insomnia for a long time.

NOTE Confidence: 0.89704785

00:43:14.630 --> 00:43:15.323 We have CBT,

NOTE Confidence: 0.89704785

00:43:15.323 --> 00:43:16.940 I you know it's really the best

NOTE Confidence: 0.89704785

00:43:16.997 --> 00:43:18.887 treatment that we have for insomnia.

NOTE Confidence: 0.89704785

00:43:18.890 --> 00:43:21.506 But there are also medication options,

NOTE Confidence: 0.89704785

00:43:21.510 --> 00:43:24.744 low dose, Doxepin the benzo days of

NOTE Confidence: 0.89704785

00:43:24.744 --> 00:43:27.509 pain receptor agonist like Ambien etc.

NOTE Confidence: 0.89704785

00:43:27.510 --> 00:43:30.858 Low dose mirtazapine and so on

NOTE Confidence: 0.89704785

00:43:30.860 --> 00:43:33.156 and then I think that even if some

NOTE Confidence: 0.89704785

00:43:33.156 --> 00:43:34.830 of these other problems impacting

NOTE Confidence: 0.89704785

00:43:34.830 --> 00:43:36.580 sleep aren't directly within our

NOTE Confidence: 0.89704785

00:43:36.580 --> 00:43:38.783 field of Sleep Medicine I think we

NOTE Confidence: 0.89704785

00:43:38.783 --> 00:43:40.433 can really help the patients by.

NOTE Confidence: 0.89704785

00:43:40.440 --> 00:43:41.760 Either directly treating them

NOTE Confidence: 0.89704785

00:43:41.760 --> 00:43:43.740 or trying to refer for care.

NOTE Confidence: 0.89704785

00:43:43.740 --> 00:43:44.502 So sleep apnea.

NOTE Confidence: 0.89704785

00:43:44.502 --> 00:43:47.200 Of course we treat, but also nightmares,

NOTE Confidence: 0.89704785

00:43:47.200 --> 00:43:49.840 anxiety, leg cramps, you know,

NOTE Confidence: 0.89704785

00:43:49.840 --> 00:43:51.760 restless leg symptoms syndrome.

NOTE Confidence: 0.89704785

00:43:51.760 --> 00:43:55.366 Ivy Iron has a much faster.

NOTE Confidence: 0.89704785

00:43:55.370 --> 00:43:57.866 Time, you know until it's effective,

NOTE Confidence: 0.89704785

00:43:57.870 --> 00:44:00.820 then oral supplements if needed.

NOTE Confidence: 0.89704785

00:44:00.820 --> 00:44:02.878 Is there a bad partner who snores

NOTE Confidence: 0.89704785

00:44:02.878 --> 00:44:04.270 are their children or pets,

NOTE Confidence: 0.89704785

00:44:04.270 --> 00:44:05.476 disrupting sleep etc.

NOTE Confidence: 0.89704785

00:44:05.476 --> 00:44:07.888 And then finally just reminding patients

NOTE Confidence: 0.89704785

00:44:07.888 --> 00:44:10.630 with mood disorders to protect their sleep?

NOTE Confidence: 0.89704785

00:44:10.630 --> 00:44:12.422 We can help them brainstorm if they have

NOTE Confidence: 0.89704785

00:44:12.422 --> 00:44:14.288 periods of stress coming up or transition,

NOTE Confidence: 0.89704785

00:44:14.290 --> 00:44:15.870 such as a baby,

NOTE Confidence: 0.89704785

00:44:15.870 --> 00:44:17.845 new job or shift work.

NOTE Confidence: 0.89704785

00:44:17.850 --> 00:44:18.320 Alright,

NOTE Confidence: 0.89704785

00:44:18.320 --> 00:44:21.610 and then there's just a summary here,

NOTE Confidence: 0.89704785

00:44:21.610 --> 00:44:23.968 so suspect mood disorders in all

NOTE Confidence: 0.89704785

00:44:23.968 --> 00:44:26.077 patients in sleep clinic document

NOTE Confidence: 0.89704785

00:44:26.077 --> 00:44:28.377 observations in your own words,

NOTE Confidence: 0.89704785

00:44:28.380 --> 00:44:29.952 encourage patients to get

NOTE Confidence: 0.89704785

00:44:29.952 --> 00:44:31.917 treated and stay in treatment.

NOTE Confidence: 0.89704785

00:44:31.920 --> 00:44:33.564 Avoid changing psychiatric medications,

NOTE Confidence: 0.89704785

00:44:33.564 --> 00:44:36.552 but do discuss the sleep effects and

NOTE Confidence: 0.89704785

00:44:36.552 --> 00:44:38.837 alternatives with the prescribing clinician.

NOTE Confidence: 0.89704785

00:44:38.840 --> 00:44:41.080 Consider a slow taper for

NOTE Confidence: 0.89704785

00:44:41.080 --> 00:44:41.976 problematic medications.

NOTE Confidence: 0.89704785

00:44:41.980 --> 00:44:44.858 Don't wait to treat insomnia and

NOTE Confidence: 0.89704785

00:44:44.858 --> 00:44:46.348 then help patients with mood

NOTE Confidence: 0.89704785

00:44:46.348 --> 00:44:47.540 disorders protect their sleep.

NOTE Confidence: 0.8913235

00:44:49.730 --> 00:44:50.759 And that's it.

NOTE Confidence: 0.95858

00:44:55.570 --> 00:44:57.700 OK, thank you.

NOTE Confidence: 0.908808083

00:45:00.560 --> 00:45:04.016 Thanks, Theresa, that was a extraordinarily

NOTE Confidence: 0.908808083

00:45:04.016 --> 00:45:06.320 helpful and interesting talk.

NOTE Confidence: 0.908808083

00:45:06.320 --> 00:45:07.622 And I was just giving folks a

NOTE Confidence: 0.908808083

00:45:07.622 --> 00:45:09.020 chance 'cause I like your cartoons.

NOTE Confidence: 0.908808083

00:45:09.020 --> 00:45:11.540 I like the Bunny slope the best.

NOTE Confidence: 0.908808083

00:45:11.540 --> 00:45:13.440 But anyway folks have questions.

NOTE Confidence: 0.908808083

00:45:13.440 --> 00:45:16.248 They can unmute or they can pop something

NOTE Confidence: 0.908808083

00:45:16.248 --> 00:45:18.862 in the chat and I think I'll start just

NOTE Confidence: 0.908808083

00:45:18.862 --> 00:45:21.019 as folks get their questions together.

NOTE Confidence: 0.908808083

00:45:21.020 --> 00:45:22.405 You know, something that you

NOTE Confidence: 0.908808083

00:45:22.405 --> 00:45:23.790 and I have talked about.

NOTE Confidence: 0.908808083

00:45:23.790 --> 00:45:25.250 In a slightly different context,

NOTE Confidence: 0.908808083

00:45:25.250 --> 00:45:30.090 this year is is how do we take care of?

NOTE Confidence: 0.908808083

00:45:30.090 --> 00:45:31.770 Patients were more at the

NOTE Confidence: 0.908808083

00:45:31.770 --> 00:45:34.310 edge of our of of expertise.

NOTE Confidence: 0.908808083

00:45:34.310 --> 00:45:35.775 Sometimes in this multidisciplinary sleep

NOTE Confidence: 0.908808083

00:45:35.775 --> 00:45:38.210 world where some of us come from neurology,

NOTE Confidence: 0.908808083

00:45:38.210 --> 00:45:39.960 some from pulmonary and from

NOTE Confidence: 0.908808083

00:45:39.960 --> 00:45:41.792 some psychotic psych psychiatry,

NOTE Confidence: 0.908808083

00:45:41.792 --> 00:45:44.082 and then N beyond surgery,

NOTE Confidence: 0.908808083

00:45:44.090 --> 00:45:45.240 family medicine and so on.

NOTE Confidence: 0.921664402

00:45:47.490 --> 00:45:49.245 Is there a space or a model or a

NOTE Confidence: 0.921664402

00:45:49.245 --> 00:45:51.188 way to better serve these patients,

NOTE Confidence: 0.921664402

00:45:51.190 --> 00:45:52.792 which sounds like a really significant

NOTE Confidence: 0.921664402

00:45:52.792 --> 00:45:54.447 population of folks who have both

NOTE Confidence: 0.921664402

00:45:54.447 --> 00:45:55.535 mood disorders and insomnia?

NOTE Confidence: 0.9413336675

00:45:58.690 --> 00:46:00.748 Yeah, I mean I think that some

NOTE Confidence: 0.9413336675

00:46:00.748 --> 00:46:03.024 kind of like you know Team meeting

NOTE Confidence: 0.9413336675

00:46:03.024 --> 00:46:04.998 sort of thing or you know,

NOTE Confidence: 0.9413336675

00:46:05.000 --> 00:46:07.149 once a month sort of talking about

NOTE Confidence: 0.9413336675

00:46:07.149 --> 00:46:08.712 different difficult cases you know

NOTE Confidence: 0.9413336675

00:46:08.712 --> 00:46:10.476 something like that could be helpful.

NOTE Confidence: 0.924115026

00:46:13.660 --> 00:46:17.270 Yeah, I I think really I think I don't know.

NOTE Confidence: 0.924115026

00:46:17.270 --> 00:46:19.760 I think taking the patients

NOTE Confidence: 0.924115026

00:46:19.760 --> 00:46:20.540 complaints seriously,

NOTE Confidence: 0.924115026

00:46:20.540 --> 00:46:23.270 even if we don't directly have a

NOTE Confidence: 0.924115026

00:46:23.270 --> 00:46:25.459 solution for them I think is helpful,

NOTE Confidence: 0.924115026

00:46:25.460 --> 00:46:26.340 you know and saying, yeah,

NOTE Confidence: 0.924115026

00:46:26.340 --> 00:46:27.720 that's that's an important problem.

NOTE Confidence: 0.924115026

00:46:27.720 --> 00:46:28.889 You know, I don't know the answer.

NOTE Confidence: 0.924115026

00:46:28.890 --> 00:46:30.298 I don't know how to treat leg cramps,

NOTE Confidence: 0.924115026

00:46:30.300 --> 00:46:32.372 but I really recommend you talk to your

NOTE Confidence: 0.924115026

00:46:32.372 --> 00:46:34.291 primary care doctor about it because it's

NOTE Confidence: 0.924115026

00:46:34.291 --> 00:46:36.239 so important that you get good sleep.

NOTE Confidence: 0.924115026

00:46:36.240 --> 00:46:37.518 You know, like something like that.

NOTE Confidence: 0.924115026

00:46:37.520 --> 00:46:40.048 I think may be helpful.

NOTE Confidence: 0.86986519875

00:46:41.410 --> 00:46:43.330 And thank you also for validating

NOTE Confidence: 0.86986519875

00:46:43.330 --> 00:46:46.034 my general fear of changing

NOTE Confidence: 0.86986519875

00:46:46.034 --> 00:46:48.098 people psychiatric committee.

NOTE Confidence: 0.86986519875

00:46:48.100 --> 00:46:49.300 Alright, thank you, that's how.

NOTE Confidence: 0.86986519875

00:46:49.300 --> 00:46:50.180 And actually that's great.

NOTE Confidence: 0.86986519875

00:46:50.180 --> 00:46:50.620 You're right.

NOTE Confidence: 0.86986519875

00:46:50.620 --> 00:46:52.600 Like almost like a tumor board,

NOTE Confidence: 0.86986519875

00:46:52.600 --> 00:46:55.036 but uh, asleep asleep board for

NOTE Confidence: 0.86986519875

00:46:55.036 --> 00:46:56.660 these multi disciplinary cases.

NOTE Confidence: 0.86986519875

00:46:56.660 --> 00:46:58.305 Or are there other folks with questions?

NOTE Confidence: 0.853666975

00:47:14.500 --> 00:47:16.450 There's a question if there's

NOTE Confidence: 0.853666975

00:47:16.450 --> 00:47:18.010 are natural supplements that

NOTE Confidence: 0.853666975

00:47:18.010 --> 00:47:19.807 could also help folks sleep.

NOTE Confidence: 0.968740406666667

00:47:22.230 --> 00:47:26.410 I don't know. I mean, you know melatonin,

NOTE Confidence: 0.968740406666667

00:47:26.410 --> 00:47:28.000 you know can be helpful sometimes.

NOTE Confidence: 0.864824106363636

00:47:30.500 --> 00:47:32.026 I think what is it valerian that

NOTE Confidence: 0.864824106363636

00:47:32.026 --> 00:47:33.170 people would take sometimes?

NOTE Confidence: 0.890220428333333

00:47:35.410 --> 00:47:36.616 Yeah, that's that's a good question.

NOTE Confidence: 0.890220428333333

00:47:36.620 --> 00:47:37.760 I don't know I'd have to

NOTE Confidence: 0.890220428333333

00:47:37.760 --> 00:47:38.520 learn more about that.

NOTE Confidence: 0.892266095

00:47:41.600 --> 00:47:44.377 There was a recent melatonin.

NOTE Confidence: 0.892266095

00:47:44.377 --> 00:47:47.233 There was a recent article I can't remember.

NOTE Confidence: 0.892266095

00:47:47.240 --> 00:47:49.696 It was it was a major news outlet,

NOTE Confidence: 0.892266095

00:47:49.700 --> 00:47:52.140 but sort of highlighting.

NOTE Confidence: 0.892266095

00:47:52.140 --> 00:47:54.462 The challenges of supplements that are

NOTE Confidence: 0.892266095

00:47:54.462 --> 00:47:57.051 not regulated and what's what's in there

NOTE Confidence: 0.892266095

00:47:57.051 --> 00:47:59.326 actually making it hard to figure out

NOTE Confidence: 0.892266095

00:47:59.397 --> 00:48:01.309 effective effectiveness and efficacy?

NOTE Confidence: 0.697806034

00:48:01.880 --> 00:48:03.940 Yeah, yeah. I mean, I,

NOTE Confidence: 0.697806034

00:48:03.940 --> 00:48:05.782 you know I would always just

NOTE Confidence: 0.697806034

00:48:05.782 --> 00:48:07.340 really try to push CBT.

NOTE Confidence: 0.697806034

00:48:07.340 --> 00:48:10.567 I think it's so helpful even if

NOTE Confidence: 0.697806034

00:48:10.567 --> 00:48:12.771 a person ultimately needs you,

NOTE Confidence: 0.697806034

00:48:12.771 --> 00:48:14.126 know a hypnotic as well.

NOTE Confidence: 0.697806034

00:48:14.130 --> 00:48:15.498 I think just learning

NOTE Confidence: 0.697806034

00:48:15.498 --> 00:48:16.866 those skills having that.

NOTE Confidence: 0.933590802142857

00:48:18.970 --> 00:48:20.224 You know healthier framework for thinking

NOTE Confidence: 0.933590802142857

00:48:20.224 --> 00:48:21.500 about how much sleep they need and

NOTE Confidence: 0.933590802142857

00:48:21.500 --> 00:48:22.866 you know what to do in the middle of

NOTE Confidence: 0.933590802142857

00:48:22.866 --> 00:48:24.030 the night when they're not sleeping.

NOTE Confidence: 0.933590802142857

00:48:24.030 --> 00:48:25.280 I think really just about

NOTE Confidence: 0.933590802142857

00:48:25.280 --> 00:48:26.530 anyone can benefit from CBT.

NOTE Confidence: 0.933590802142857

00:48:26.530 --> 00:48:29.346 I and then exercise and sunlight can also

NOTE Confidence: 0.933590802142857

00:48:29.346 --> 00:48:32.100 have a huge impact on sleep, you know.

NOTE Confidence: 0.8086776875

00:48:34.380 --> 00:48:35.466 You know better than I do

NOTE Confidence: 0.8086776875

00:48:35.466 --> 00:48:36.220 with circadian rhythms.

NOTE Confidence: 0.8548784

00:48:39.390 --> 00:48:40.020 Alright.

NOTE Confidence: 0.84690046

00:48:42.610 --> 00:48:44.143 Thanks so much Teresa.

NOTE Confidence: 0.84690046

00:48:44.143 --> 00:48:46.248 Great talk this is Andre,

NOTE Confidence: 0.91250136

00:48:46.250 --> 00:48:47.605 I'm just curious about your

NOTE Confidence: 0.91250136

00:48:47.605 --> 00:48:48.689 thoughts and other thoughts

NOTE Confidence: 0.91250136

00:48:48.690 --> 00:48:51.998 on CBT in the setting of.

NOTE Confidence: 0.91250136

00:48:52.000 --> 00:48:53.018 Individuals who already have

NOTE Confidence: 0.91250136

00:48:53.018 --> 00:48:54.070 a short sleep duration,

NOTE Confidence: 0.8676225825

00:48:55.020 --> 00:48:56.528 so people with insomnia

NOTE Confidence: 0.82003092125

00:48:56.540 --> 00:48:58.075 with you know somewhere between

NOTE Confidence: 0.82003092125

00:48:58.075 --> 00:49:01.220 six to four hours of sleep.

NOTE Confidence: 0.82003092125

00:49:01.220 --> 00:49:02.414 You know, maybe their time in

NOTE Confidence: 0.82003092125

00:49:02.414 --> 00:49:03.930 bed is 8 hours or whatnot, but

NOTE Confidence: 0.842972928333333

00:49:04.720 --> 00:49:06.796 they're still have a short duration

NOTE Confidence: 0.842972928333333

00:49:06.800 --> 00:49:08.137 of sleep, and so since the tenant

NOTE Confidence: 0.842972928333333

00:49:08.137 --> 00:49:11.319 of CBT oftentimes is restriction.

NOTE Confidence: 0.842972928333333

00:49:11.320 --> 00:49:12.570 How effective is that therapy

NOTE Confidence: 0.849623261111111

00:49:12.580 --> 00:49:15.016 in that setting and water might

NOTE Confidence: 0.849623261111111

00:49:15.016 --> 00:49:16.825 be some alternatives. And and so,

NOTE Confidence: 0.849623261111111

00:49:16.825 --> 00:49:17.995 just to make sure I understand.

NOTE Confidence: 0.849623261111111

00:49:18.000 --> 00:49:19.518 So you're saying people who spend

NOTE Confidence: 0.849623261111111

00:49:19.518 --> 00:49:21.437 8 hours in bed but they're only

NOTE Confidence: 0.849623261111111

00:49:21.437 --> 00:49:23.129 sleeping for four to six hours?

NOTE Confidence: 0.849623261111111

00:49:23.130 --> 00:49:25.709 Is that right? That's right, that's

NOTE Confidence: 0.92811853375

00:49:25.720 --> 00:49:27.328 right, and so they already feel like they

NOTE Confidence: 0.8270263

00:49:28.580 --> 00:49:31.040 so not so much. Just the.

NOTE Confidence: 0.8270263

00:49:31.040 --> 00:49:33.098 Opportunity of sleep is too long,

88

NOTE Confidence: 0.8270263

00:49:33.100 --> 00:49:35.676 but the actual duration of sleep is short,

NOTE Confidence: 0.8270263

00:49:35.680 --> 00:49:38.387 right, right, so you know, yeah,

NOTE Confidence: 0.8270263

00:49:38.387 --> 00:49:40.683 it's it can be sort of counter intuitive

NOTE Confidence: 0.8270263

00:49:40.683 --> 00:49:43.159 to tell somebody to spend less time in

NOTE Confidence: 0.8270263

00:49:43.159 --> 00:49:45.308 bed when they're not sleeping enough,

NOTE Confidence: 0.8270263

00:49:45.310 --> 00:49:47.109 but generally, of course you know Doctor,

NOTE Confidence: 0.8270263

00:49:47.110 --> 00:49:49.140 Schneeberg and other people who do CBT.

NOTE Confidence: 0.8270263

00:49:49.140 --> 00:49:52.533 I, you know, will know better than I do,

NOTE Confidence: 0.8270263

00:49:52.540 --> 00:49:54.544 but but, but generally you don't

NOTE Confidence: 0.8270263

00:49:54.544 --> 00:49:56.538 have to restrict it even more

NOTE Confidence: 0.8270263

00:49:56.538 --> 00:49:58.320 than the four or six hours.

NOTE Confidence: 0.8270263

00:49:58.320 --> 00:49:59.724 You could even just say OK

NOTE Confidence: 0.8270263

00:49:59.724 --> 00:50:01.049 instead of eight hours in bed.

NOTE Confidence: 0.8270263

00:50:01.050 --> 00:50:03.778 Don't spend more than six hours in bed

NOTE Confidence: 0.8270263

00:50:03.778 --> 00:50:06.548 and what that's going to do is for one.

NOTE Confidence: 0.8270263

00:50:06.548 --> 00:50:07.743 If they actually are sleeping

NOTE Confidence: 0.8270263

00:50:07.743 --> 00:50:09.148 for more than the six hours,

NOTE Confidence: 0.8270263

00:50:09.150 --> 00:50:11.142 you know maybe there's some sleep

NOTE Confidence: 0.8270263

00:50:11.142 --> 00:50:12.470 sleep state misperception there.

NOTE Confidence: 0.8270263

00:50:12.470 --> 00:50:13.718 Then they're going to just get

NOTE Confidence: 0.8270263

00:50:13.718 --> 00:50:14.750 more tired during the day,

NOTE Confidence: 0.8270263

00:50:14.750 --> 00:50:15.625 and they're going to have

NOTE Confidence: 0.8270263

00:50:15.625 --> 00:50:16.325 a stronger sleep drive.

NOTE Confidence: 0.8270263

00:50:16.330 --> 00:50:17.965 And then they'll sleep through

NOTE Confidence: 0.8270263

00:50:17.965 --> 00:50:18.946 the night better.

NOTE Confidence: 0.8270263

00:50:18.950 --> 00:50:22.038 The other thing is going to decrease that

NOTE Confidence: 0.8270263

00:50:22.038 --> 00:50:24.887 association of wakefulness and being in bed,

NOTE Confidence: 0.8270263

00:50:24.890 --> 00:50:25.480 you know,

NOTE Confidence: 0.8270263

00:50:25.480 --> 00:50:27.250 because if you're lying in bed,

NOTE Confidence: 0.8270263

00:50:27.250 --> 00:50:29.986 awake for a couple of hours every day,

NOTE Confidence: 0.8270263

00:50:29.990 --> 00:50:31.106 that's going to increase.

NOTE Confidence: 0.8270263

00:50:31.106 --> 00:50:33.060 You know arousal in bed worries is

NOTE Confidence: 0.8270263

00:50:33.060 --> 00:50:34.884 going to be your place of not sleeping.

NOTE Confidence: 0.8270263

00:50:34.890 --> 00:50:36.030 Instead of your place to sleep,

NOTE Confidence: 0.8270263

00:50:36.030 --> 00:50:38.305 so you know there are lots of

NOTE Confidence: 0.8270263

00:50:38.305 --> 00:50:40.025 other techniques in CBT besides

NOTE Confidence: 0.8270263

00:50:40.025 --> 00:50:41.090 just sleep restriction,

NOTE Confidence: 0.8270263

00:50:41.090 --> 00:50:43.148 but I think even in those cases,

NOTE Confidence: 0.8270263

00:50:43.150 --> 00:50:44.950 sleep restriction could be helpful,

NOTE Confidence: 0.8270263

00:50:44.950 --> 00:50:47.127 but just not as not very extreme.

NOTE Confidence: 0.8270263

00:50:47.130 --> 00:50:49.195 And then then one other thought is.

NOTE Confidence: 0.9662602

00:50:51.230 --> 00:50:53.430 In patients with bipolar disorder,

NOTE Confidence: 0.9662602

00:50:53.430 --> 00:50:56.314 they can also benefit from CBT I,

NOTE Confidence: 0.9662602

00:50:56.320 --> 00:50:58.584 but generally the period

NOTE Confidence: 0.9662602

00:50:58.584 --> 00:51:00.848 of sleep restriction is,

NOTE Confidence: 0.9662602

00:51:00.850 --> 00:51:03.635 it's just more kind of reduced. It's not.

NOTE Confidence: 0.9662602

00:51:03.635 --> 00:51:05.610 It's not as severely restricted,

NOTE Confidence: 0.9662602

00:51:05.610 --> 00:51:07.591 so maybe you know perhaps 7 hours

NOTE Confidence: 0.9662602

00:51:07.591 --> 00:51:09.709 or so instead of like five or six.

NOTE Confidence: 0.9662602

00:51:09.710 --> 00:51:11.846 I if Doctor Schneeberg is here,

NOTE Confidence: 0.9662602

00:51:11.850 --> 00:51:13.946 she certainly would know better than I do,

NOTE Confidence: 0.9662602

00:51:13.950 --> 00:51:16.054 but but you do want to be careful

NOTE Confidence: 0.9662602

00:51:16.054 --> 00:51:17.760 in somebody with either bipolar

NOTE Confidence: 0.9662602

00:51:17.760 --> 00:51:19.986 disorder or any history of psychosis,

NOTE Confidence: 0.9662602

00:51:19.990 --> 00:51:22.026 whether it's severe depression.

NOTE Confidence: 0.9662602

00:51:22.026 --> 00:51:24.062 Or schizophrenia or bipolar

NOTE Confidence: 0.9662602

00:51:24.062 --> 00:51:25.850 disorder with psychosis?

NOTE Confidence: 0.9662602

00:51:25.850 --> 00:51:28.150 Restricting their sleep too much

NOTE Confidence: 0.9662602

00:51:28.150 --> 00:51:29.674 could trigger mania or psychosis,

NOTE Confidence: 0.9662602

00:51:29.674 --> 00:51:32.228 so you want to be kind of careful there.

NOTE Confidence: 0.91279798

00:51:41.400 --> 00:51:42.780 Another question in the chat.

NOTE Confidence: 0.91279798

00:51:42.780 --> 00:51:43.676 I don't know if you can see it,

NOTE Confidence: 0.91279798

00:51:43.680 --> 00:51:46.480 but I think it's sort of an interesting

NOTE Confidence: 0.91279798

00:51:46.480 --> 00:51:48.398 concern that I was thinking of

NOTE Confidence: 0.91279798

00:51:48.400 --> 00:51:50.464 as well as if a patient does not

NOTE Confidence: 0.91279798

00:51:50.464 --> 00:51:52.599 have an outpatient psychiatrist.

NOTE Confidence: 0.91279798

00:51:52.600 --> 00:51:54.285 Are the recommendations that could

NOTE Confidence: 0.91279798

00:51:54.285 --> 00:51:56.415 be offered for patients to obtain

NOTE Confidence: 0.91279798

00:51:56.415 --> 00:51:58.350 therapy or considerations to offer?

NOTE Confidence: 0.91279798

00:51:58.350 --> 00:52:02.196 Primary or or or considerations

NOTE Confidence: 0.91279798

00:52:02.196 --> 00:52:03.961 to offer to primary providers

NOTE Confidence: 0.91279798

00:52:03.961 --> 00:52:05.919 with respect to sleep and mood.

NOTE Confidence: 0.91279798

00:52:05.920 --> 00:52:08.650 So so I don't pin bar.

NOTE Confidence: 0.91279798

00:52:08.650 --> 00:52:10.477 If you want to clarify but but

NOTE Confidence: 0.91279798

00:52:10.477 --> 00:52:12.182 things that we can do to to

NOTE Confidence: 0.91279798

00:52:12.182 --> 00:52:14.342 meet that gap I guess is how I'm

NOTE Confidence: 0.91279798

00:52:14.342 --> 00:52:15.966 interpreting the question between.

NOTE Confidence: 0.91279798

00:52:15.970 --> 00:52:17.510 Also, sleep providers and a patient who

NOTE Confidence: 0.91279798

00:52:17.510 --> 00:52:19.237 may not have a primary mental health.

NOTE Confidence: 0.8571134

00:52:20.740 --> 00:52:23.799 Sure, so so I I think so.

NOTE Confidence: 0.8571134

00:52:23.800 --> 00:52:25.822 If a person doesn't have a

NOTE Confidence: 0.8571134

00:52:25.822 --> 00:52:27.575 psychiatrist but but you're pretty

NOTE Confidence: 0.8571134

00:52:27.575 --> 00:52:29.609 sure they have a mood disorder,

NOTE Confidence: 0.8571134

00:52:29.610 --> 00:52:30.370 you know, you know,

NOTE Confidence: 0.8571134

00:52:30.370 --> 00:52:31.510 we don't need to diagnose that.

NOTE Confidence: 0.8571134

00:52:31.510 --> 00:52:34.650 Of course, as sleep clinicians but but

NOTE Confidence: 0.8571134

00:52:34.650 --> 00:52:36.090 I think we are in a really good role.

NOTE Confidence: 0.8571134

00:52:36.090 --> 00:52:37.778 You know we're in a position of authority.

NOTE Confidence: 0.8571134

00:52:37.780 --> 00:52:39.040 We're also in a position

NOTE Confidence: 0.8571134

00:52:39.040 --> 00:52:40.300 of caring for the person,

NOTE Confidence: 0.8571134

00:52:40.300 --> 00:52:42.788 and so you know if we recommend that

NOTE Confidence: 0.8571134

00:52:42.788 --> 00:52:45.539 they talk with their primary care doctor

NOTE Confidence: 0.8571134

00:52:45.539 --> 00:52:48.010 or primary care provider about mood.

NOTE Confidence: 0.8571134

00:52:48.010 --> 00:52:49.672 You know, then there's a chance

NOTE Confidence: 0.8571134

00:52:49.672 --> 00:52:50.780 that their primary care.

NOTE Confidence: 0.8571134

00:52:50.780 --> 00:52:52.408 Provider would diagnose them

NOTE Confidence: 0.8571134

00:52:52.408 --> 00:52:54.036 with depression for example,

NOTE Confidence: 0.8571134

00:52:54.040 --> 00:52:56.714 and be able to prescribe the medication.

NOTE Confidence: 0.8571134

00:52:56.720 --> 00:52:59.528 We do probably know more than

NOTE Confidence: 0.8571134

00:52:59.530 --> 00:53:01.062 many primary care providers

NOTE Confidence: 0.8571134

00:53:01.062 --> 00:53:02.977 about the importance of sleep,

NOTE Confidence: 0.8571134

00:53:02.980 --> 00:53:04.498 and so hopefully I've convinced I've

NOTE Confidence: 0.8571134

00:53:04.498 --> 00:53:06.081 convinced you that you know sleep

NOTE Confidence: 0.8571134

00:53:06.081 --> 00:53:07.396 is important for mood disorders,

NOTE Confidence: 0.8571134

00:53:07.400 --> 00:53:09.480 so we can, you know,

NOTE Confidence: 0.8571134

00:53:09.480 --> 00:53:11.846 tell that to the patient that it's

NOTE Confidence: 0.8571134

00:53:11.846 --> 00:53:13.532 really important that they get

NOTE Confidence: 0.8571134

00:53:13.532 --> 00:53:15.418 enough sleep and you know they

NOTE Confidence: 0.8571134

00:53:15.418 --> 00:53:17.048 have a regular sleep schedule,

NOTE Confidence: 0.8571134

00:53:17.050 --> 00:53:18.570 and then if we're concerned,

NOTE Confidence: 0.8571134

00:53:18.570 --> 00:53:20.620 let's say they have restless

NOTE Confidence: 0.8571134

00:53:20.620 --> 00:53:21.850 leg syndrome already.

NOTE Confidence: 0.8571134

00:53:21.850 --> 00:53:22.786 And they're depressed.

NOTE Confidence: 0.8571134

00:53:22.786 --> 00:53:24.658 We may not want to worsen

NOTE Confidence: 0.8571134

00:53:24.658 --> 00:53:25.976 that with an antidepressant,

NOTE Confidence: 0.8571134

00:53:25.976 --> 00:53:28.326 so we may say, you know,

NOTE Confidence: 0.8571134

00:53:28.326 --> 00:53:30.795 talk with your primary care provider

NOTE Confidence: 0.8571134

00:53:30.795 --> 00:53:32.570 about the possibility of bupropion.

NOTE Confidence: 0.8571134

00:53:32.570 --> 00:53:33.758 You know that may be a

NOTE Confidence: 0.8571134

00:53:33.758 --> 00:53:34.550 good medication for you,

NOTE Confidence: 0.8571134

00:53:34.550 --> 00:53:35.426 for example.

NOTE Confidence: 0.8571134

00:53:35.426 --> 00:53:38.492 If I understand the the question correctly.

NOTE Confidence: 0.91411075

00:53:40.530 --> 00:53:42.461 Thank you. Alright,

NOTE Confidence: 0.91411075

00:53:42.461 --> 00:53:44.447 well thank you for a tremendous

NOTE Confidence: 0.91411075

00:53:44.447 --> 00:53:46.606 talk into something that was both

NOTE Confidence: 0.91411075

00:53:46.606 --> 00:53:48.086 really educational and pragmatic.

NOTE Confidence: 0.91411075

00:53:48.090 --> 00:53:49.842 I really appreciate it and it

NOTE Confidence: 0.91411075

00:53:49.842 --> 00:53:51.462 will definitely help me and I'm

NOTE Confidence: 0.91411075

00:53:51.462 --> 00:53:53.044 sure others here as we go forward.

NOTE Confidence: 0.91411075

00:53:53.050 --> 00:53:53.860 Thanks everyone.

NOTE Confidence: 0.903558483333333

00:53:54.270 --> 00:53:55.398 Alright thank you.