

Depression and Sleep Disorders

Woodinville Sleep Improvement Center routinely screens for the effects of depression and sleep disorders. Clinical research has shown the connection between depression and various sleep disorders including sleep apnea and insomnia.

In 2005, Tsuno, et. al. wrote: “Of all the psychiatric disorders associated with insomnia, depression is the most common. Some 90% of patients with depression complain about poor sleep quality. Since the first reports of short rapid eye movement (REM) latency in depressed patients and of the effect of sleep deprivation on depression in the 1970s, numerous clinical trials have provided extensive observations and theoretical hypotheses concerning the etiology and pathophysiology of depression.”¹

“Ohayon underscored that 20% of the subjects presenting with one of these disorders also having the other. In some populations, depending on age, gender and other demographic and health characteristics, the prevalence of both disorders may be even higher. Additionally another common sleep disorder, obstructive sleep apnea (OSA) may affect more than 50% of individuals over the age of 65.

In clinical practice, symptomatic depression is often considered in patients with OSA and vice versa. OSA is easily screened, diagnosed and treated. Yet sometimes, OSA is under diagnosed on a regular basis in patients with a depressive disorder. However, OSA might not only be associated with a depressive syndrome, but its presence may also be responsible for failure to respond to appropriate pharmacological treatment. Furthermore, an undiagnosed OSA might be exacerbated by adjunct treatments to antidepressant medications, such as benzodiazepines.”²

Since a clinical connection exists between depression and poor sleep, we would like to establish an educational relationship with psychiatrists and psychologists and collaborate with you in helping your patients. Our sleep specialist and medical director, Dr. Hyung Park, makes patients feel comfortable in discussing their sleep issues, and is experienced all sleep disorders. Our comfortable facility in Woodinville provides a calming environment for your patients and help them pursue positive outcomes.

Please contact us with any questions on how to screen and refer your patients.

Thank you

¹Sleep and Depression. Tsuno, Norifumi; Besset, Alain; Ritchie, Karen. Journal of Clinical Psychiatry, Vol 66(10), Oct

²Depression and Obstructive Sleep Apnea (OSA). Carmen M Schröder and Ruth O'Hara. Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine. Annals of General Psychiatry, 4:13, 27 June 2005. doi:10.1186/1744-859X-4-13

Hyung Park, MD