

Ying & Yang: Depression and Insomnia

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Research has confirmed what many already knew. Where there is depression, there is likely to be insomnia and where there is insomnia, there is likely to be depression. The reason for the association is not fully understood, nor is it clear which precedes the other.

Regardless, if you are suffering from depression, it is critical to address the insomnia, not just to allow for better sleep, but because in many cases, resolving the insomnia may help to resolve the depression.

In addressing the insomnia, consider first what the root cause may be. Though insomnia is considered a disorder, the symptoms of poor sleep usually originate with some other cause. This can include pain, menopause, stress, trauma, a desynchronized sleep/wake schedule or other sleep disorders.

Determining the root cause of the insomnia usually requires that a thorough assessment be done by someone knowledgeable about sleep and sleep disorders. Pain, menopause and stress are usually self-evident, but few people recognize the other causes of poor sleep. Because these other causes are often not identified, the insomnia and depression can continue for a very long time. Yet when the root cause is identified and treatment is targeted to that specific cause, both the insomnia and depression may be resolved.

Learn more at:

Associated Sleep Services

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A sleep disorder screening center that is using advances in technology to help provide first-line diagnostics to assist physician in confirming a diagnosis of a sleep disorder.