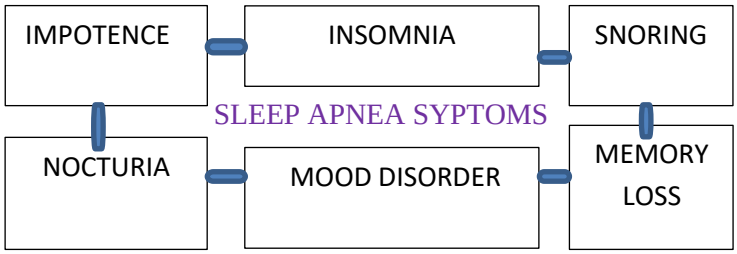
Sleep problems: Breathing and Psychiatric disorder

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Abstract

Statement of the problem: The cumulative long-term effect of sleep problems can be a cause and consequences of major psychiatric, physical disorders, diseases like hypertension, diabetes, obesity, anxiety, depression, mood swing, hypersomnia, ADHD, drug and alcohol abuse. Adolescents are at a greater risk. Worst condition can lead to heart attack, strokes, accidents, suicides. Insomnia is also linked to trouble breathing. Researchers have reported that out of different sleep disorders, chronic insomnia is a serious problem among adolescents and adults globally. Purpose of study was to describe the experience of seeking help for sleep problems by adolescents and adults in the context in which it occurs. Methodology: Questionnaires, in-depth interviews, focus groups and the context in which it occurs. Findings: patients in this study were found to be hesitant and fearful of being labeled as having a psychiatric problem. Many do not seek treatment due to the societal stigma associated with mental health disorders. Some do not access mental health professionals due to lack of awareness of sleep problems and its consequences. Others due to shortage of mental health professionals face much difficulty in continuing their treatment. They believe that nothing can be done. Significance: Shortage of mental health care providers, less structured system to address prevention and health promotion as well as early identification of difficulties for timely effective treatment. Recommendations are made for more treatment centers, trainings and courses to bring up psychiatric nurses, mental healthcare providers and professionals. Awareness programs like positive parenting, prenatal and postpartum education, and public health education programs/events. Holistic trainings like breathing, chanting, mindfulness, guided meditation, relaxation techniques and therapies, cultivating resilience, laughter therapy, affirmations, visualizations in prevention and management.

Track name can be best illustrated by a serious sleep disorder, Sleep Apnea in which breathing repeatedly stops and starts.



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She is having her private practices at Kolkata and Mumbai. She has been working as Clinical Psychologist- Psychotherapist since 2003. She is Life member of IAHP, Affiliate member of Indian Psychoanalytical Society and Life member of ISKCON.
She has developed Psycho – Physiological Breath Energy Therapy (Holistic Approach) to treat unsuccessful suicides, depression, anxiety, phobia, frustration, stress , trauma healing. She has been awarded Gold Medal for her contribution in the area of Complementary Medicine by IBAM.

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