Sleep problems: Breathing and Psychiatric disorder

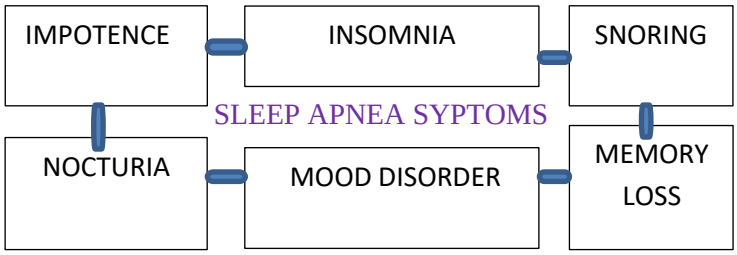
Sanghamitra Sau Sengupta, Clinical Psychologist- Psychotherapist of Bhakti Vedanta Hospital- Mayapur Health Care Centre, ISKCON, INDIA

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. 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 and implementing Eclectic Psychotherapy, 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, astanga yoga, relaxation techniques and therapies, cultivating resilience, laughter therapy, drawing therapy, affirmations, visualizations in prevention and management.

Sleep Apnea is a serious sleep disorder, in which breathing repeatedly stops and starts.

Image:



References:

1. Virgil Wooten Sleep Disorders Medicine
2. Sleep: How to Sleep Better, Overcome Insomnia and Stop Snoring Book by Linda H. Harris
3. Centers for Disease Control and Prevention. Insufficient Sleep is a public Health Problem. Accessed July 2017.
4. National Sleep Foundation. Sleep Health Index. 2014
5. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders (DSM-5), Fifth edition*. 2013.
6. Progressive muscle relaxation : Book by Martha Davis
7. Psycho-Physiological Breath Energy Therapy - Bioaccent Group.
8. **Link:** https://bioaccent.org/psychology/psychology38.pdf
9. Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia by Dr. Wanita Holmes

Sleep problems: Breathing and Psychiatric disorder

Sanghamitra Sau Sengupta, Clinical Psychologist- Psychotherapist of Bhakti Vedanta Hospital- Mayapur Health Care Centre, ISKCON, INDIA



Biography:

Sanghamitra Sau Sengupta is working as a Clinical Psychologist and Psychotherapist (Regn No: IBAM/RMP/A-4350) at Bhaktivedanta Hospital- Health Care Centre, ISKCON, Mayapur. She is also Pregnancy /Prenatal educator, Therapeutic Breath worker. She is Co-Founder of Sri Healthcare-Research International, SHRI. National Coordinator: Depression and Suicide Prevention Program of Indian Academy of Health Psychology. She is also IBF National Representative for India.
She is also 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.

Email: sanghamitra_sau@yahoomail.com;

drsanghamitrasausengupta@gmail.com

Phone No: +91 8811046995

Type of Presentation: workshop

Track Name: Track 11- Sleep problems: Breathing and Psychiatric disorders