Mood Disorders and Sleep

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Mood disorders are common and place a significant burden on the individual and society. Mood disorders are common in patients with insomnia and other sleep disorders, and sleep problems are common in patients with mood disorders. Medications for mood disorders affect sleep, and the presence of mood disorders affect management of sleep disorders. This talk aims to equip sleep clinicians with a working knowledge of mood disorders, an understanding of the bidirectional relationship between mood and sleep, and practical tools for working with patients with mood disorders in the sleep clinic.

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Host: Melissa Knauert, MD

Program Goal:
1. Review diagnosis and treatment of major depression and bipolar disorder
2. Understand patterns of sleep in patients with mood disorders
3. Describe effects of antidepressants on sleep
4. Explain how mood disorders influence management of sleep disorders

Financial Disclosure Information:
Janet Hilbert, MD, course director for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose. Debbie Lovejoy, coordinator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose. Melissa Knauert, MD, moderator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose. Teresa Foley, MD, faculty for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.

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