

QUESTION AND ASSIGNMENTS ON SLEEP AND SLEEP DISORDERS

READ FROM HANDOUT OR REFERENCE GIVEN AND TRY THE FOLLOWING

INTRODUCTION

1. What are sleep-wake disorders?
2. What is the pathophysiology of sleep-wake disorders?
3. What causes sleep-wake disorders?
4. Which medical conditions cause sleep-wake disorders?
5. Which psychiatric conditions cause sleep-wake disorders?
6. What are the environmental causes of sleep-wake disorders?
7. What is the prevalence of sleep-wake disorders?
8. Which age groups have the highest prevalence of sleep-wake disorders?
9. What are the racial predilections of sleep-wake disorders?
10. What is the prognosis of sleep-wake disorders?
11. What is included in patient education about sleep-wake disorders?

Clinical characteristics

1. Which clinical history findings are characteristic of sleep-wake disorders?
2. Which physical findings are characteristic of sleep-wake disorders?
3. What are the possible complications of sleep-wake disorders?

DDX

1. Which conditions should be considered in the differential diagnoses of sleep-wake disorders?
2. What are the differential diagnoses for Sleep-Wake Disorders?

Workup

1. What is the role of lab testing in the workup of sleep-wake disorders?
2. What is the role of imaging studies in the workup of sleep-wake disorders?
3. Which clinical screening tools are used in the workup of sleep-wake disorders?
4. What is the role of a sleep journal in the workup of sleep-wake disorders?
5. What is the role of EEG and PSG in the workup of sleep-wake disorders?

Treatment

1. Which comorbidities should be assessed in patients with sleep-wake disorders?
2. Which specialist consultations are beneficial to patients with sleep-wake disorders?
3. What is the role of sleep hygiene in the treatment of sleep-wake disorders?
4. How are sleep-wake disorders treated?
5. What is the role of medications in the treatment of sleep-wake disorders?
6. Which dietary modifications are used in the treatment of sleep-wake disorders?
7. Which activity modifications are used in the treatment of sleep-wake disorders?
8. When is inpatient care indicated for the treatment of sleep-wake disorders?

Medications

1. Which medications are used in the treatment of sleep-wake disorders?
2. Which medications in the drug class Orexin Receptor Antagonists are used in the treatment of Sleep-Wake Disorders?
3. Which medications in the drug class Antidepressants, Other are used in the treatment of Sleep-Wake Disorders?
4. Which medications in the drug class Melatonin Receptor Agonists are used in the treatment of Sleep-Wake Disorders?
5. Which medications in the drug class Nonbenzodiazepine Hypnotics are used in the treatment of Sleep-Wake Disorders?
6. Which medications in the drug class Benzodiazepines are used in the treatment of Sleep-Wake Disorders?

////////////////////////////////////

BY: MEKONNEN TSEHAY(MSC/ICCMH)

WOLLO UNIVERSITY,

COLLEGE OF MEDICINE AND HEALTH SCIENCE,

DEPARTMENT OF PSYCHIATRY