

# AMHSU CME:

## Sleep Disorders: The Effects of Depression & Antidepressants on Sleep

January 24, 2023 • Evaluation Summary

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On January 24, Family Physicians came together to learn about sleep disorders from guest speaker Dr. Varinder Parmar, Surrey Memorial Hospital Psychiatrist and sleep specialist.

Topics discussed included:

- normal sleep
- measurement of sleep
- different sleep disorders
- management of insomnia
- the effects of depression & antidepressants on sleep



Pharmacology and medication review for sleep disorders was a highlight of the session.

# SESSION EVALUATION

The response was overwhelmingly positive, with respondents' describing it as "helpful", "timely" and a "great lecture".

Key responses are summarized below.

100%

Agree or strongly agree that they feel confident in their ability to treat and manage their insomnia patients.

100%

Agree or strongly agree that they gained a better understanding of the DSM-V definitions of sleep-wake disorders.

90%

Strongly agree that they gained a better understanding of the effects that different anti-depressant medications have on sleep.

# KEY LEARNINGS

In a lecture-style presentation, followed by a Q&A, Dr. Parmar covered a number of key learnings.



Watch a [recording of the full session](#).



## Managing Insomnia

Non-pharmacological interventions include:

- sleep hygiene, stimulus control therapy, sleep restriction therapy, CBT, relaxation training

## Medication

- low-dose antidepressants (trazadone, mirtazapine,, etc.)
- low-dose antipsychotics (quetiapine, etc.)
- "Zed" drugs (zopiclone, zolpidem, etc.)



## Sleep Phases

- Sleep is divided into non-REM (non-dreaming) and REM (dreaming) phases
- if someone dreams immediately upon falling asleep or during a nap, there is something wrong