

d

by W R

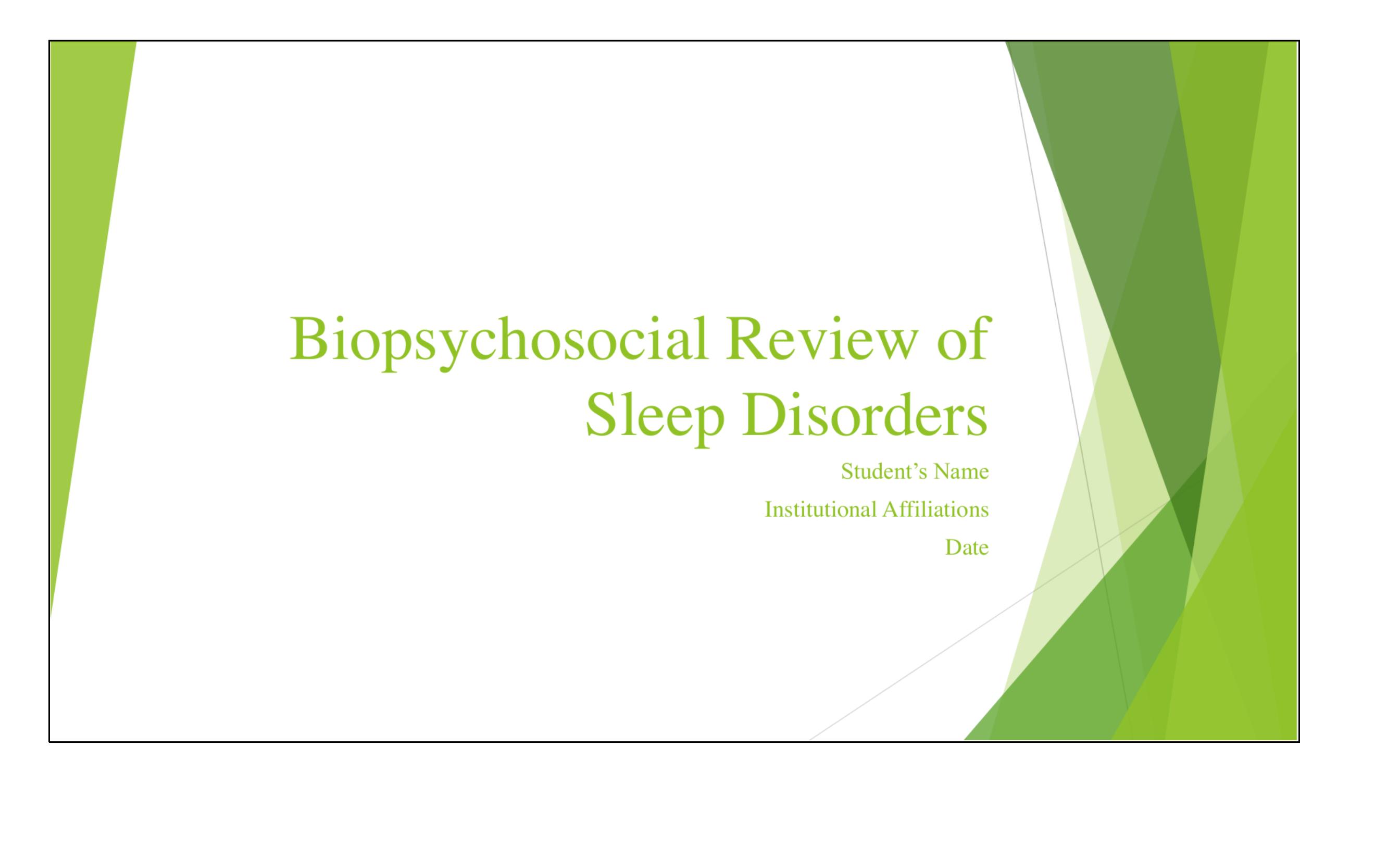
Submission date: 25-Feb-2021 02:39AM (UTC+0300)

Submission ID: 1517420678

File name: Biopsychosocial_Review_of_Sleep_Disorders.pptx (5.01M)

Word count: 1007

Character count: 5977

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the page, framing the central text. The overall aesthetic is clean and modern.

Biopsychosocial Review of Sleep Disorders

Student's Name

Institutional Affiliations

Date

Introduction

- The biopsychosocial model was introduced in 1977
- The model concentrates on the interconnection between biology, psychology, and socio-environmental factors
- The purpose of the model is to understand health and diseases better
- Health psychologist can use the biopsychosocial model to encourage health
- The sleep disorder can be understood well through the model

Introduction Cont...

- The presentation will focus with the biopsychosocial perspective of sleep disorder
- The benefits of having quality sleep are discussed
- The biopsychosocial causes of sleep disorder presented
- Most common sleep disorder listed and explained
- Treatment options presented

Sleep Disorder

- Sleep disorder alters the usual pattern of an individual sleep
- It affects the general health, safety, and quality of life
- Sleep timing and duration are essential to be monitored
- Over one-third of United States, adults have less than 7 hours of sleep within a day (Alexander et al., 2016)

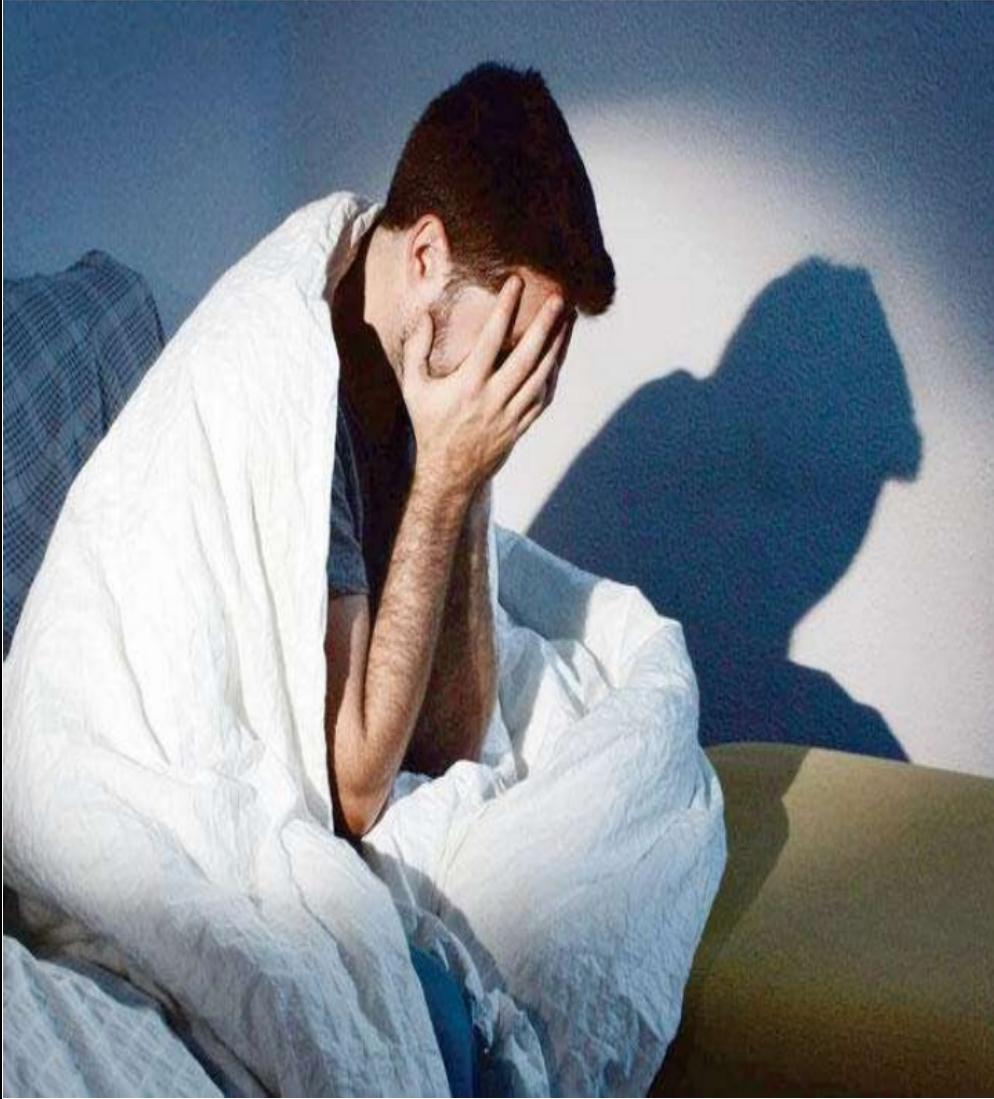


Benefits of Quality Sleep

- Enhancement of immunity
- Promotes mental well-being
- Stops diabetes
- Improves mood
- Preserves weight (Mindell & Williamson, 2018)



Symptoms of Sleep Disorder



- Mood variations
- Fatigue
- Challenges staying asleep
- Irritability
- Struggle to concentrate or to recall

Biological Causes of Sleep Disorder

- Acid reflux disorder
- Dementia
- Abnormal thyroid function
- Conditions that enhance the urinary frequency

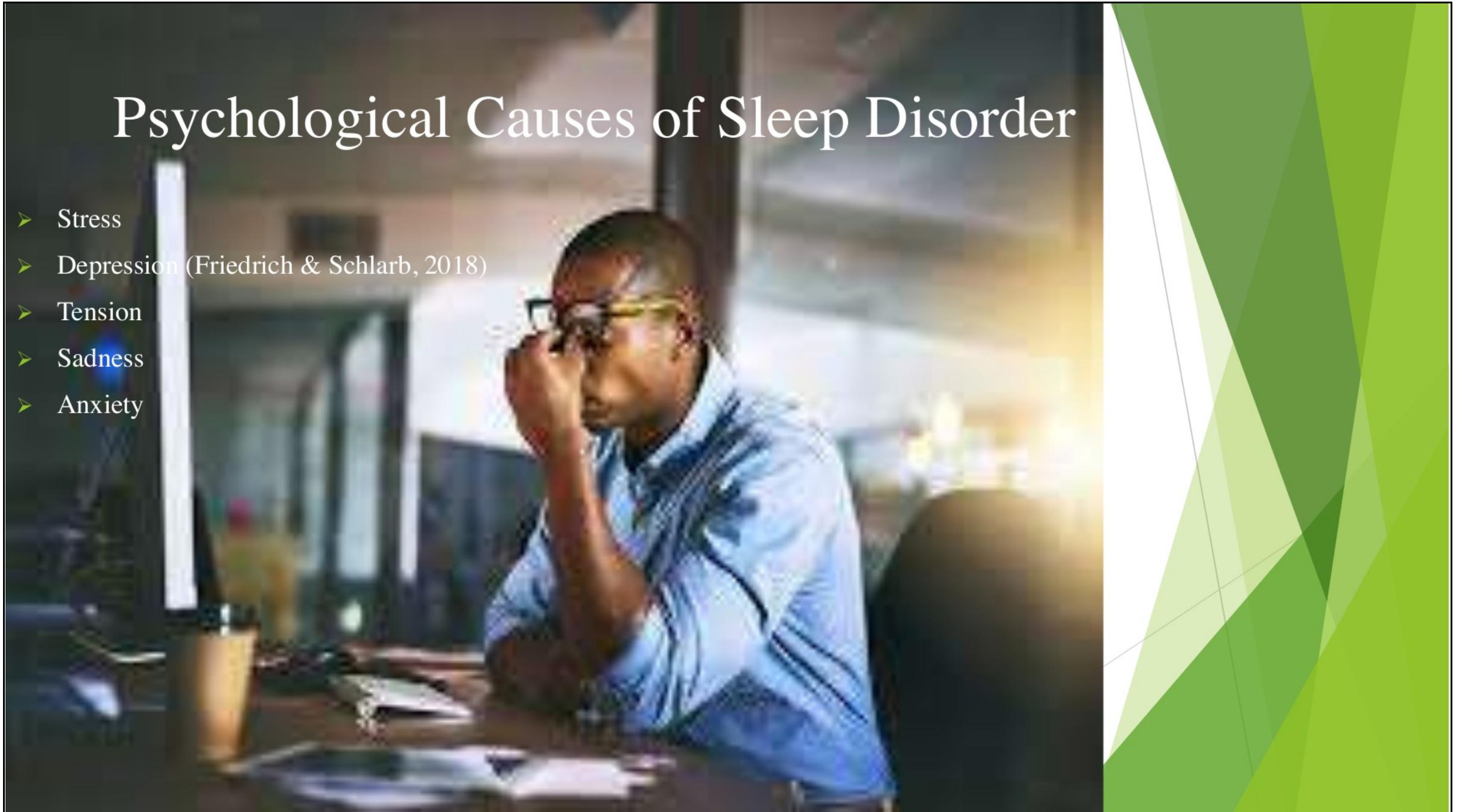


Medications and Substances that Can Disrupt Sleep

- Stimulants such as caffeine
- Alcohol
- Some steroids such as prednisone (Miner & Kryger, 2017)
- Beta-blockers

Psychological Causes of Sleep Disorder

- Stress
- Depression (Friedrich & Schlarb, 2018)
- Tension
- Sadness
- Anxiety



Sociological Causes of Sleep Disorder

- Family conflict (Meadows et al., 2018)
- Technology such as using social media
- Environment circumstances



Most Common Sleep Disorders

- Sleep apnea
- Narcolepsy
- Insomnia (McArdle et al., 2020)
- ¹REM sleep behavior disorder
- Restless leg syndrome



Insomnia

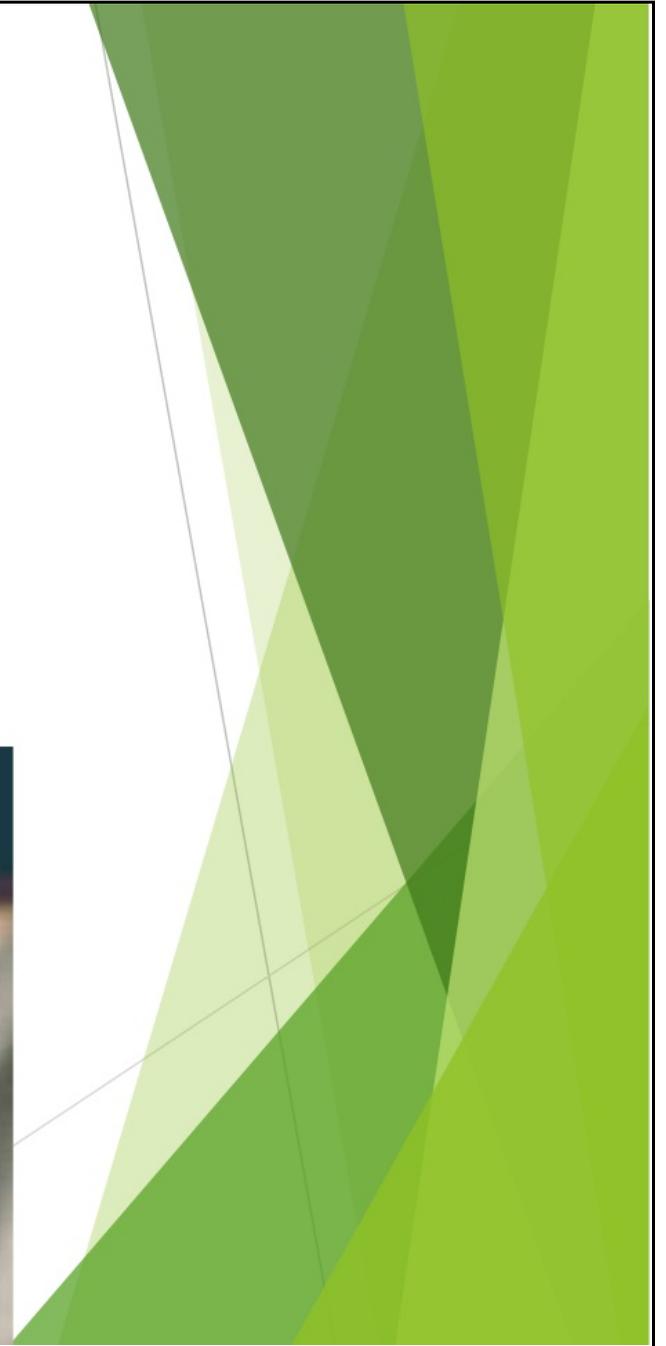
- Challenge in getting sleep or staying asleep
- Transient Insomnia (Matheson & Hainer, 2017)
- Chronic Insomnia
- Poor sleep hygiene
- Quality of life and social life affected

Sleep Apnea

- The airway frequently becomes blocked
- Individuals stop breathing
- Choke noise occur or snore noisily
- The body becomes oxygen deficiency
- The problem can occur at least once a night

Narcolepsy

- The condition makes someone sleep without notice (Kornum et al., 2017)
- Individuals unable to control their sleep-wake cycle
- Feel tired in the daytime
- Make people agonize from sleep paralysis



REM Sleep Behavior Disorder

- Individuals act on their dreams while at sleep (Bassetti & Bargiotas, 2018)
- No sleep paralysis like other people when sleeping
- Taken seriously when it causes harm to the person or others around them
- Examples include talking and screaming while sleeping

Restless Leg Syndrome

- Sturdy desires to move the legs
- Feeling that starts after relaxation
- The feeling is calmed after movement (Memon et al., 2020)
- Nighttime leg jolting

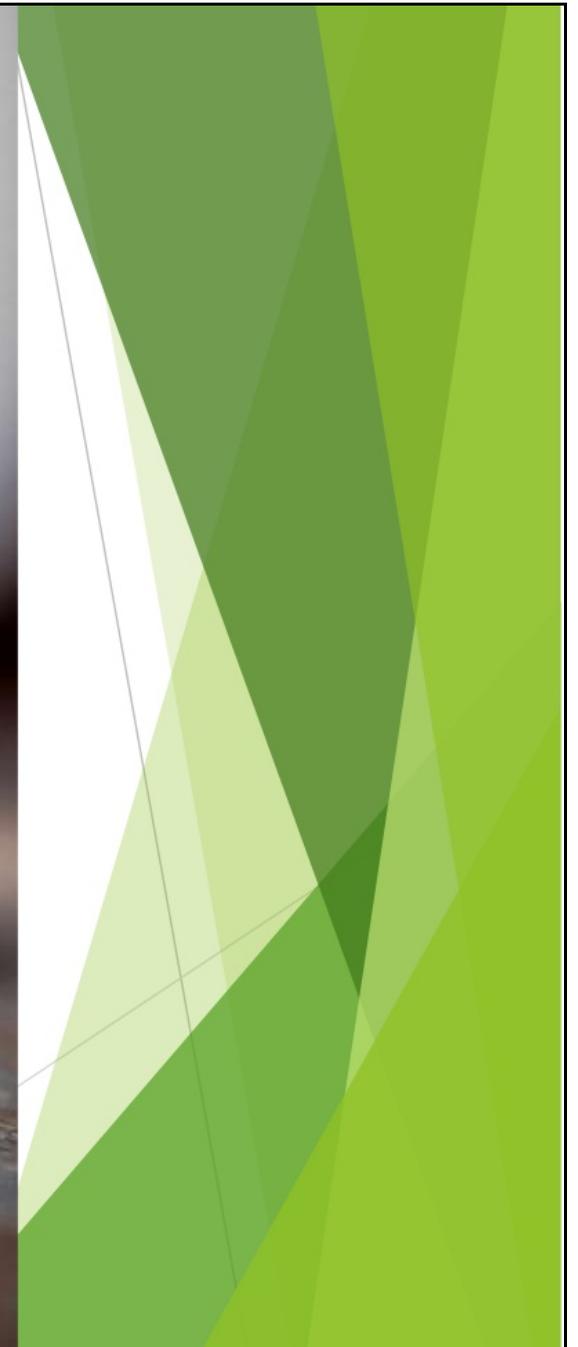


Diagnosis of Sleep Disorders

- Physical examination
- Multiple sleep latency tests (MSLT) (Smith et al., 2018)
- Polysomnography (PSG)
- Electroencephalogram (EEG)

Medical Treatment of Sleep Disorder

- Breathing instruments or surgery (Bonsignore et al., 2017)
- Melatonin supplements
- Therapeutic for any causal health problem
- Sleeping pills



Lifestyle Change Treatment for the Sleep Disorder

- Decrease stress through exercise (Tanaka & Tamura, 2016)
- Develop a consistent sleeping plan
- Preserve weight as recommended by the physician
- Eat meals with low carbohydrates before sleeping
- Reduce caffeine use, particularly in the evening

Effects of Insufficient Sleep in the Body

- Accidents
- Reduced sex drive (Sweatt et al., 2018)
- Inadequate balance



Conclusion

- The biopsychosocial model was introduced in 1977 by Jon Romano and George Engel
- The model utilizes biological, psychological, and socio-environment factors
- The model is widely used in health to understand illness such as sleep disorder
- Sleep disorder is caused by all the three factors such as family conflict, depression, and dementia
- The most common types of sleep disorder are Insomnia, sleep apnea, RLS, REM sleep behavior disorder, and Narcolepsy
- Treatment includes medical and lifestyle change

References

Alexander, M., Ray, M. A., Hébert, J. R., Youngstedt, S. D., Zhang, H., Steck, S. E., ... & Burch, J. B. (2016). The national veteran sleep disorder study: descriptive epidemiology and secular trends, 2000–2010. *Sleep*, *39*(7), 1399-1410.

Bassetti, C. L., & Bargiotas, P. (2018). REM sleep behavior disorder. *Neurologic-Psychiatric Syndromes in Focus-Part I*, *41*, 104-116.

Bonsignore, M. R., Giron, M. C. S., Marrone, O., Castrogiovanni, A., & Montserrat, J. M. (2017). Personalised medicine in sleep respiratory disorders: focus on obstructive sleep apnoea diagnosis and Treatment. *European Respiratory Review*, *26*(146).

Friedrich, A., & Schlarb, A. A. (2018). Let's talk about sleep: a systematic review of psychological interventions to improve sleep in college students. *Journal of Sleep Research*, *27*(1), 4-22.

Kornum, B. R., Knudsen, S., Ollila, H. M., Pizza, F., Jennum, P. J., Dauvilliers, Y., & Overeem, S. (2017). Narcolepsy. *Nature reviews Disease primers*, *3*(1), 1-19.

References Cont...

Matheson, E., & Hainer, B. L. (2017). Insomnia: pharmacologic therapy. *American family physician*, 96(1), 29-35.

McArdle, N., Ward, S. V., Bucks, R. S., Maddison, K., Smith, A., Huang, R. C., ... & Eastwood, P. R. (2020). The prevalence of common sleep disorders in young adults: a descriptive population-based study. *Sleep*, 43(10), zsa072.

Meadows, R., Williams, S. J., Gabe, J., Coveney, C., & Arber, S. (2018). The sociology of sleep. *Sleep, health and society: From aetiology to public health*, 171-178.

Memon, M. D., Faiz, S., Zaveri, M. P., Perry, J. C., Schuetz, T. M., & Cancarevic, I. (2020). Unraveling the Mysteries of Restless Leg Syndrome. *Cureus*, 12(10).

Mindell, J. A., & Williamson, A. A. (2018). Benefits of a bedtime routine in young children: Sleep, development, and beyond. *Sleep medicine reviews*, 40, 93-108.

References Cont...

Miner, B., & Kryger, M. H. (2017). Sleep in the aging population. *Sleep medicine clinics, 12*(1), 31-38.

Smith, M. T., McCrae, C. S., Cheung, J., Martin, J. L., Harrod, C. G., Heald, J. L., & Carden, K. A. (2018). Use of actigraphy for the evaluation of sleep disorders and circadian rhythm sleep-wake disorders: an American Academy of Sleep Medicine clinical practice guideline. *Journal of Clinical Sleep Medicine, 14*(7), 1231-1237.

Sweatt, S. K., Gower, B. A., Chieh, A. Y., Liu, Y., & Li, L. (2018). Sleep quality is differentially related to adiposity in adults. *Psychoneuroendocrinology, 98*, 46-51.

Tanaka, H., & Tamura, N. (2016). Sleep education with self-help treatment and sleep health promotion for mental and physical wellness in Japan. *Sleep and biological rhythms, 14*(1), 89-99.

d

ORIGINALITY REPORT

1%

SIMILARITY INDEX

1%

INTERNET SOURCES

0%

PUBLICATIONS

0%

STUDENT PAPERS

PRIMARY SOURCES

1

docplayer.net

Internet Source

1%

Exclude quotes

On

Exclude matches

Off

Exclude bibliography

On