

## **ABSTRACT – DR.PREM KUMAR CHANDRASEKARAN**

### Pharmacological Approaches in Managing Insomnia Associated with Psychiatric Problems

Insomnia is prevalent in many psychological conditions. When this happens, it is called secondary insomnia and can cause varying disturbances in the sleep-wake circadian rhythms. Characteristic sleep disturbances have even been identified as diagnostic criteria for depression, bipolar disorder and post-traumatic stress disorder.

Thus, being able to identify common mental illnesses may increase confidence to treat such patients in primary care.

Next, deciding on a treatment strategy is paramount – a sound knowledge on pharmacokinetics and pharmacodynamics is required which would in turn help reduce or even avoid polypharmacy.

It is hoped this presentation will cover all of the above issues.