# Problem

Changes in sleep patterns and behaviour, both an increase or decrease, are common in several types of depression[[1]](#footnote-1)

# Relation with depression

“Insomnia or hypersomnia nearly every day” is a diagnostic criterium in Major Depressive Disorder, a disease where “fatigue and sleep disturbance are present in a high proportion of cases”.

In Major Depressive Disorder, sleep disturbance may take the form of either difficulty sleeping or sleeping excessively (Criterion A4). When insomnia is present, it typically takes the form of middle insomnia (i.e., waking up during the night and then having difficulty returning to sleep) or terminal insomnia (i.e., waking too early and being unable to return to sleep). Initial insomnia (i.e., difficulty falling asleep) may also occur. Individuals who present with oversleeping (hypersomnia) may experience prolonged sleep episodes at night or increased daytime sleep. Sometimes the reason that the individual seeks treatment is for the disturbed sleep.

“Insomnia or hypersomnia nearly every day” is also a diagnostic criterium in Persistent Depressive Disorder and in Premenstrual Dysphoric Disorder, 2 other types of depression.

Moreover, changes in sleep appear as specifiers of depressive disorders:

* A decreased need for sleep is a specifier of “Depressive disorder with mixed features”
* In “Depressive disorder with atypical features”, there is hypersomnia that “may include either an extended period of nighttime sleep or daytime napping that totals at least 10 hours of sleep per day (or at least 2 hours more than when not depressed)”.
* “With seasonal pattern: (this specifier applies to recurrent major depressive disorder). Major depressive episodes that occur in a seasonal pattern are often characterized by loss of energy, hypersomnia, overeating, weight gain, and a craving for carbohydrates”.

# Keyword origin

(canâ€™?'?t sleep|can ?not sleep)

(canâ€™?'?t|couldnâ€™?'?t|not) sleep

(keep|kept) stay awake

(not able|unable|difficult) to sleep

(wake|waking|woken) up dizzy

(wake|waking|woken) up with a headache

actigraphy

another nightmare

another sleepless night

anxious to sleep

asleep too early

asleep too late

awakens tired

bad nightâ€™?'?s sleep

being awake at the middle of the night

being woken up by

being woken up too early

canâ€™?'?t fall back to sleep

canâ€™?'?t stop nightmares

circadian rhythm disorder

constant waking up during the night

constantly wak(e|ing) up

crappy sleep

daytime sleepiness

desparate for sleep

did not get enough sleep

did not have enough sleep

did not sleep for many nights

did not sleep well

didnâ€™?'?t get enough sleep

didnâ€™?'?t get much sleep

didnâ€™?'?t have enough sleep

didnâ€™?'?t sleep for many nights

difficult for me to sleep at night

difficult to fall asleep

difficult to sleep

difficult to stay asleep

difficulty falling asleep

do no get enough sleep

do no have enough sleep

do not sleep well

donâ€™?'?t (have|get) enough sleep

donâ€™?'?t (have|get) enough sleep

donâ€™?'?t sleep well

donâ€™?'?t stay asleep

drink alot of pain killers to fall asleep

dyssomnias

few good nights sleep

frequently being woken up

frightening dream

have not been able to sleep

have not slept for days

havenâ€™?'?t been able to get a good night's sleep

havenâ€™?'?t been able to sleep

havenâ€™?'?t slept for( \w+)\* days

havenâ€™?'?t slept well

having not enough sleep

hypersomnia

incredibly hard to sleep

insomnia

issues with my sleep

keep me up all night

kept me up all night

lack of sleep

lying awake all ?night

narcolepsy

natural sleeping tablets

never a good sleeper

night terrors

nightmare again

no longer (slept|sleep) through the night

not being able to sleep

not sleeping

often being being woken up during the night

oversleep

overslept

parasomnias

polysomnography

poor sleep

recurring nightmare

refuse(s|d)? to shut down into sleep

scared to sleep

sick of not sleeping

sleep(ing)? apnea

sleep(ing)? deprivation

sleep(ing)? deprived

sleep(ing)? difficulty

sleep(ing)? disorder

sleep(ing)? has gotten worse

sleep(ing)? has really become an issue

sleep(ing)? interrupted

sleep(ing)? issues

sleep(ing)? paralysis

sleep(ing)? too much

sleep(ing)?-? ?walking

sleep(ing)? sickness

sleeplessness has caused me

somnipathy

stay.{0,15} awake until .{0,15} a.?m

stay.{0,15} up all night

struggl(e|ing) with sleep

talk in my sleep

terrified of going back to sleep

trouble falling asleep

trouble getting to sleep

trouble having a good night's sleep

trouble sleeping

unable to sleep

unrestful sleep

wak(e|ed|ing) up choking in my sleep

wak(e|ing) up in the middle of the night

wak(e|ing) up suddenly from a deep sleep

wak(e|ing) up tossing again

wake up too early

wake up too late

waking up too late

woke up too early

woke up too late

1. Diagnostic and Statistical Manual of Mental Disorders, 5th edition. <https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596> [↑](#footnote-ref-1)