

Sleep disorders – pharmaceuticals?

Elisabeth H.: "Since weeks I suffer from sleep disorders. I can neither fall asleep very well nor can I sleep through. What is more, I am afflicted with nightmares. Do I have to take barbiturates? Please give me an advice!"

Not really! First of all you have to look into the possible reasons for your problem. This includes a measurement of the brainwaves to exclude any organic diseases as well as a detailed medical conversation. Moreover epiphenomenons like nightly sweating or shortness of breath are relevant.

In any case there should be gone into the current situations of life (private and professional) during the conversation. Conflicts have to be responded systematically.

If there are – as in most cases – no organic diseases, the treatment can be as simple as changing its own lifestyle. Perhaps there will be prescribed some pharmaceuticals to get a better sleep – as a temporary supporting step.

Concerning these pharmaceuticals modern antidepressants (moodlifters) are recommended to avoid the undesirable side effects of regular barbiturates. However, even barbiturates sometimes have eligibility.

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