

AS04-01 - CHANGES IN SLEEP AND CIRCADIAN RHYTHM IN EARLY BIPOLAR DISORDER

A.Pfennig, P.Ritter

Department of Psychiatry and Psychotherapy, Carl Gustav Carus University Hospital of the TU Dresden, Dresden, Germany

Current evidence suggests that disturbances in sleep regulation could represent a vulnerability factor for the later development of bipolar disorder.

In the talk published evidence and up-to-date own study data will be presented on changes in sleep regulation in bipolar patients and in subjects at risk for the development of bipolar disorders.

Findings will be discussed, their role within the risk constellation assessed and the consequences for the practical work in early recognition centres with focus on bipolar disorders outlined.