Effect of Antidepressants on Sleep

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Due to the numerous factors effecting sleep, antidepressants alone have no consequence on sleep.

Core Concepts/Keywords:
Antidepressants, Sleep, and Depression.

Primary Source:


Annotation: Explains sleep deprivation and some of its effect on the body.

Peer-Reviewed Journal Articles:


Annotation: Gives results from an experiment that reports insomnia symptoms, and how it is increased in patients with especially mental and pain conditions. Understanding these results can guide in critically evaluating antidepressants and its effect on sleep.


Annotation: A study based on simulated critical care patients and their clinical performance with less sleep. The study showed that the clinical performance of such patients decreased with increasing wakefulness.


Annotation: Comments on two important studies relating to the brain and its interactions. Is very much relevent to the topic since it mentions sleep and its effect on the brain.


Annotation: Describes sleep habits of cancer patients.


Annotation: Reports results of an experimental drug being tested for effectiveness. The drug is related to the brain and mood.
Annotation: Explains briefly how hormone levels can dictate sleep.

Electronic Reference Source:


Annotation: Explains briefly how hormone levels can dictate sleep.

Web Sites:


Annotation: Mentions unusual sleep habits. Is useful in understanding other causes of minor insomnia.


Annotation: Gives general background of Antidepressants.


Annotation: Many OTC (over-the-counter) sleep medications contain pain relievers, which fall under the class of antidepressants. This suggests that there is very little effect of pain relief on wakefulness.

Newspaper Source:


Annotation: Recent study claims antidepressants, such as Prozac, may have anti-cancer effects.

Books:


Annotation: Reviews a variety of fields relating to Sleep, in particular, “Sleep in patients with other medical disorders.” Excellent source because it displays information regarding medical disorders and its affect on sleep, as this is an imperative aspect to the thesis.


Annotation: Explains various approaches to treating depression, including antidepressants.


Annotation: Suggests proper usages of antidepressants. Author infers that antidepressants are not a simple cure, but rather are dangerous and must be taken carefully.