PRESS RELEASE

SLEEP DEPRIVATION MAY FAVOR THE ONSET OF PSYCHIATRIC DISORDERS

THE " SLEEP&PSYCHE" PROJECT DEDICATED TO PSYCHIATRY SPECIALISTS

Findings from recent studies have demonstrated the close relationship between disruption of the sleep-wake cycle and chronic conditions, including an increased risk of hypertension and diabetes, as well as mood disorders. Promoting the cultural perception about this topic is crucial to an early identification of sleep-deprived patients, and to provide the most appropriate treatment

Abano Terme (PD) March 15, 2019 – Sleep deprivation by as little as one hour per night with respect to optimal sleep need, has been associated with a propensity to feel depressed, nervous, hopeless or restless in 60-80% of cases, as demonstrated in a recent study by Kelly Sullivan and Collins Ordiah from the College of Public Health, Georgia Southern University (USA).[1]
Disruption of sleep and circadian rhythmicity have been linked with an increased susceptibility to mood disorders and, in general, with decreased wellbeing outcomes[2]. According to an article in the July 25, 2018 issue of JAMA Psychiatry, in which the neural mechanisms underlying insomnia were identified for the first time, poor sleep quality and depressive symptoms are associated with functional connectivity between the areas of the brain associated with short-term memory (dorsolateral prefrontal cortex), self (precuneus) and negative emotions (lateral orbitofrontal cortex). This causes the sufferers to dwell on bad thoughts, leading to a poor quality of sleep. [3]

"*Alteration of biological rhythmicity, such as the sleep-wake cycle, may increase the risk of developing cardiovascular diseases, endocrine metabolic disorders and psychiatry conditions. Hence, the importance to improve both diagnosis and prognosis of sleep-deprived patients[4]" says* **Paolo Girardi, Full Professor of Psychiatry, Sapienza University of Rome, Italy, Director of the Psychiatric Department of Saint Andrea Hospital of Rome, Italy.**

"*Sleep disturbances may also help predict the onset of depressive disorders, even in patients who do not complain of significant mood disorders* – says **Professor Antonino Minervino, Director of the Mental Health Department, Local Health Authorities UOP 25, Cremona, Italy** – *In fact, prolonged curtailment of sleep*

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[1] Kelly Sullivan, Collins Ordiah. *Association of mildly insufficient sleep with symptoms of anxiety and Depression*. Neurology, Psychiatry and Brain Research 30 (2018) 1–4.
[2] Daniel Smith, Laura Lyall. *Circadian rhythm disruption associated with mood disorders*. The Lancet Psychiatry (15 May, 2018).
[3] Wei Cheng et Al. *Functional Connectivities in the Brain That Mediate the Association Between Depressive Problems and Sleep Quality*. JAMA Psychiatry. Published online July 25, 2018.
[4] Jeffrey C. Hall, Michael Rosbash, Michael W. Young - The Nobel Prize in Physiology or Medicine 2017

duration, may favor the onset of a depressive episode. Based on this evidence, the proper treatment of sleep disturbances may help protect the patient's overall physical and mental health and wellbeing. Today, we have a first-line treatment choice: prolonged release melatonin 2 mg, that, thanks to its mechanism of action and clinical benefit, represents a suitable and safe alternative to the most frequently recommended hypnotic medications".

Based on this evidence, and thanks to the contribution of the Italian pharma company Fidia Farmaceutici, the 2019 edition of the Sleep& Psyche Project (*Progetto Sonno & Psiche*) has been launched. The project will involve specialists in the field of psychiatry, focusing on the impact of sleep disorders on patients affected by psychiatric conditions, to provide the most appropriate treatment.

The project consists in 4 training days, between January and November 2019.

The Scientific Coordinators of the project are **Paolo Girardi**, Full Professor of Psychiatry, Sapienza University of Rome, Italy, Director of the Psychiatric Department of Saint Andrea Hospital of Rome, Italy and **Antonino Minervino,** Director of the Mental Health Department, Local Health Authorities UOP 25, Cremona, Italy.

The Advisory Board includes: **Giovanni Biggio**, Professor Emeritus of Neuropsychopharmacology, University of Cagliari, Italy; **Luigi Grassi**, Full Professor of Psychiatry, Department of Biomedical and Specialty Surgical Sciences, University of Ferrara, Italy; **Raffaele Manni**, Head of the Unit of Sleep Medicine and Epilepsy at the National Institute of Neurology IRCCS "C. Mondino", Pavia, Italy; **Lino Nobili**, Associated Professor of Child Neuropsychiatry, IRCCS G. Gaslini Institute, University of Genoa, Italy; **Laura Palagini**, Sleep Clinic Head, Psychiatry II Division, University of Pisa, Italy.

The Sleep&Psyche Project falls under the aegis of the World Sleep Society, and is being supported by: **AIMS** (*Associazione Italiana Medicina del Sonno* - Italian Association of Sleep Medicine), **ASILS** (*Alta Scuola Italiana per la Lotta allo Stigma* – Italian High School for the fight against Stigma), **ESRS** (European Sleep Research Society), **SIMP** (*Società Italiana di Medicina Psicosomatica* – Italian Society of Psycosomatic Medicine), **SIN** (*Società Italiana Neurologia* - Italian Society of Neurology), **SINPF** (Società Italiana di Neuropsicofarmacologia – Italian Society of Neuropsycopharmacology), **SIP** (*Società Italiana di Psichiatria* – Italian Society of Psychiatrist) and **SIPC** (*Società Italiana di Psichiatria di Consultazione* - Italian Society of Psychiatrist of Consultation).

Fidia Farmaceutici

Privately held, fully integrated Italian multinational company, with R&D, manufacturing, marketing and sales capabilities. The company was founded in 1946 and is headquartered in Abano Terme (a short distance from Venice). Fidia's overall objective is establishing its leadership, through an extensive product portfolio mainly based on hyaluronic acid (HA) in joint care, wound healing, ophthalmology, aesthetic and autologous biological therapy, thereby providing patients and healthcare professionals with a variety of treatment options, such as pharmaceutical products, medical devices and food supplements. Over 55 years of R&D have placed Fidia at the forefront in the production of natural and functionalized HA, with different ranges of MW (over 700 patents). In addition, the company has been actively engaged in neuroscience over the past few decades, and is currently focused on the management of sleep and mood disorders, Manufacturing operations - located in Italy - are inspected and approved by major international health authorities, including the US and Korean FDA, the Brazilian ANVISA and G-MED Notified Body, and comply with the strictest international regulations and safety standards. Fidia extends its global reach through local partners in 100 countries worldwide, as well as wholly-owned subsidiaries in USA, Germany, Spain, Russia, Czech Republic, Slovakia, Romania and Middle East.