

Hypnotics And Overuse from A Psychological Perspective

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Abstract-

Hypnotics, commonly prescribed medications for sleep disorders, have seen a rise in overuse in recent years. This essay examines the psychological perspective on hypnotics and their potential for overuse. The research methodology involves a comprehensive review of literature from reputable journals on the effects of hypnotics on psychological well-being, the reasons behind their overuse, and the possible consequences of long-term use. The results reveal a concerning trend of over-reliance on hypnotics without proper consideration of psychological factors. The discussion explores the implications of this overuse and the need for a more holistic approach to treating sleep disorders. In conclusion, it is evident that addressing the psychological aspects of hypnotic use is crucial in preventing overuse and promoting better overall health.

Keywords: hypnotics, overuse, psychological perspective, sleep disorders, medication

Introduction:

Hypnotics, a class of medications commonly prescribed for sleep disorders, have become increasingly popular in recent years. These medications can be effective in improving sleep quality, there is growing concern over their overuse and potential negative psychological effects. This essay aims to explore the issue of hypnotic overuse from a psychological perspective, focusing on the impact on mental health and well-being.

Hypnotics are medications commonly prescribed for the short-term treatment of sleep disorders, such as insomnia. However, overuse or excessive reliance on hypnotics can have psychological implications. Let's explore the psychological perspective of hypnotic overuse:

Dependency and Tolerance: Prolonged use of hypnotics can lead to physical and psychological dependency, as the body may develop tolerance to the medication. Individuals may feel they cannot sleep without the medication, leading to increased reliance on hypnotics to achieve sleep.

Fear of Sleeplessness: Over time, individuals who excessively use hypnotics may develop a fear of sleeplessness or anxiety about not being able to fall asleep without the medication. This anxiety can perpetuate a cycle of dependence, as the fear of insomnia reinforces the need for hypnotics.

Psychological Distress: Relying heavily on hypnotics without addressing underlying sleep issues or implementing healthy sleep habits can lead to psychological distress. The individual may experience frustration, worry, or a sense of helplessness when attempting to sleep without the medication.

Reduced Self-Efficacy: Overuse of hypnotics may undermine an individual's belief in their ability to fall asleep naturally. This reduced self-efficacy can further contribute to a reliance on medication and hinder efforts to develop healthier sleep patterns.

Sleep-Related Cognitive Bias: Excessive use of hypnotics can lead to a cognitive bias that perpetuates the belief that sleep is only possible with medication. This bias may interfere with efforts to explore alternative sleep strategies or engage in behavioral changes that promote healthier sleep.

Rebound Insomnia: Abrupt discontinuation or reduction of hypnotics after long-term use can result in rebound insomnia, where sleep difficulties worsen temporarily. This can contribute to heightened anxiety and a perceived need to resume or increase medication use.

From a psychological perspective, it is important to approach the treatment of sleep disorders holistically. This involves addressing underlying factors contributing to insomnia, implementing behavioral and cognitive strategies for better sleep hygiene, and gradually reducing hypnotic use under the guidance of a healthcare professional.

Psychological interventions, such as cognitive-behavioral therapy for insomnia (CBT-I), can be effective in treating insomnia without relying solely on medication. CBT-I focuses on identifying and modifying thoughts and behaviors that contribute to poor sleep, promoting relaxation techniques, and establishing healthy sleep routines.

If you have concerns about hypnotic use or are experiencing difficulties with sleep, it is essential to consult with a healthcare professional, such as a psychiatrist or sleep specialist, who can provide guidance, evaluate your specific situation, and develop an individualized treatment plan to address your sleep concerns effectively.

Methods:

To examine the psychological perspective on hypnotics and overuse, a comprehensive review of literature was conducted. A search of reputable journals was performed to gather research articles and studies on the effects of hypnotics on psychological well-being, the reasons behind their overuse, and the consequences of long-term use. The research methodology also involved analyzing data on trends in hypnotic prescribing practices and the prevalence of overuse in clinical settings.

Results:

The results of the literature review indicate that hypnotics can have significant effects on psychological well-being. While these medications can improve sleep quality in the short term, long-term use has been associated with negative psychological outcomes such as cognitive impairment, mood disturbances, and dependency. The research also reveals that overuse of hypnotics is a common issue, with many individuals relying on these medications without addressing the underlying psychological factors contributing to their sleep problems.

Discussion:

The findings of this study highlight the importance of considering the psychological aspects of hypnotic use in addressing sleep disorders. Overuse of these medications can have serious consequences for mental health, including increased risk of depression, anxiety, and cognitive decline. It is crucial for healthcare providers to take a holistic approach to treating sleep disorders, addressing both the physical and psychological factors that may be contributing to disturbed sleep patterns. Additionally, more research is needed to better understand the psychological impact of hypnotics and develop alternative treatment options that focus on improving sleep hygiene and promoting overall well-being.

Conclusion:

In conclusion, the issue of hypnotic overuse from a psychological perspective is a significant concern that needs to be addressed. While these medications can be beneficial in the short term, their potential for negative psychological effects and overuse must be carefully considered. Healthcare providers play a crucial role in educating patients about the risks of hypnotics and promoting alternative treatment options that prioritize psychological well-being. By taking a holistic approach to treating sleep disorders, we can prevent overuse of hypnotics and promote better overall health and well-being.

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