

Insomnia and Bipolar Disorder

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INSOMNIA

HABITUAL SLEEPLESSNESS/INABILITY TO SLEEP

AMYGDALA

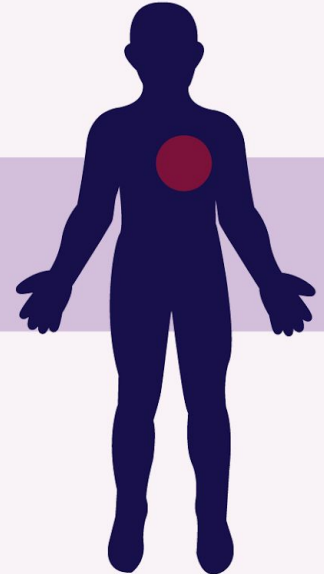
Part of the brain responsible for detecting fear and preparing for emergency situations.



Insomnia is very common amongst people with bipolar disorder.
Sleep disturbance is one of the top criterion used to diagnose someone with bipolar disorder.
Manic episodes results in the feeling of needing to stay awake.
Insomnia can be a symptom of mania and depression.

RISKS OF SLEEP DEPRIVATION:

Heart disease, Heart attack, Heart failure,
Irregular heartbeat, High blood pressure.



INSOMNIA

MANIA → IRRITABILITY

Bipolar disorder revves up your amygdala causing irritation, anxiety, and stress. This results in major sleep deprivation and limits the production of brain chemicals such as norepinephrine and serotonin which keep people calm, focused, and happy.

Sleep deprivation causes bodies to go into fight or flight mode. This results in oxygen being drawn from the skin to vital organs. As a result, the blood becomes darker and deoxygenated which is visible underneath thin skin, such as under the eyes.

Lisa's Infographic!

Creepy, harsh depiction of these illnesses

