



### **What is sleep deprivation?**

Sleep deprivation, or 'wake therapy', involves being deprived of total sleep for approximately 36 hours straight, or partially sleeping for 3 to 4 hours followed by 20 to 21 hours of wakefulness. Sleep deprivation has been associated with rapid improvements in depressed mood, but may also trigger mania. Sleep deprivation is impractical as an ongoing treatment, but is explored in an effort to uncover the mechanisms behind its effectiveness for depression.

### **What is the evidence for sleep deprivation?**

Moderate quality evidence suggests sleep deprivation may improve depression in people with bipolar disorder. Review authors report rates of switching to mania were very low (~1%).

**For further information see the technical table**

### **HOW YOUR SUPPORT HELPS**

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [www.neura.edu.au](http://www.neura.edu.au)



*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.*