

# One Year on from being the Regional Pre-Registration Project Winner 2018

Alastair Paterson  
Clinical Pharmacist



Caring | Discovering | Growing | **Together**

# This time last year...



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# Working in Mental Health

- Love it – physical health, mental health, fascinating stories
- Very patient facing, clinical assessments, judgement valued
- **Identified problem: inappropriate prescribing of hypnotics**
- **Applied for AHSN funding – supported by NTW**
- **Funding approved!**
- **1 afternoon/week research, May – November 2019**

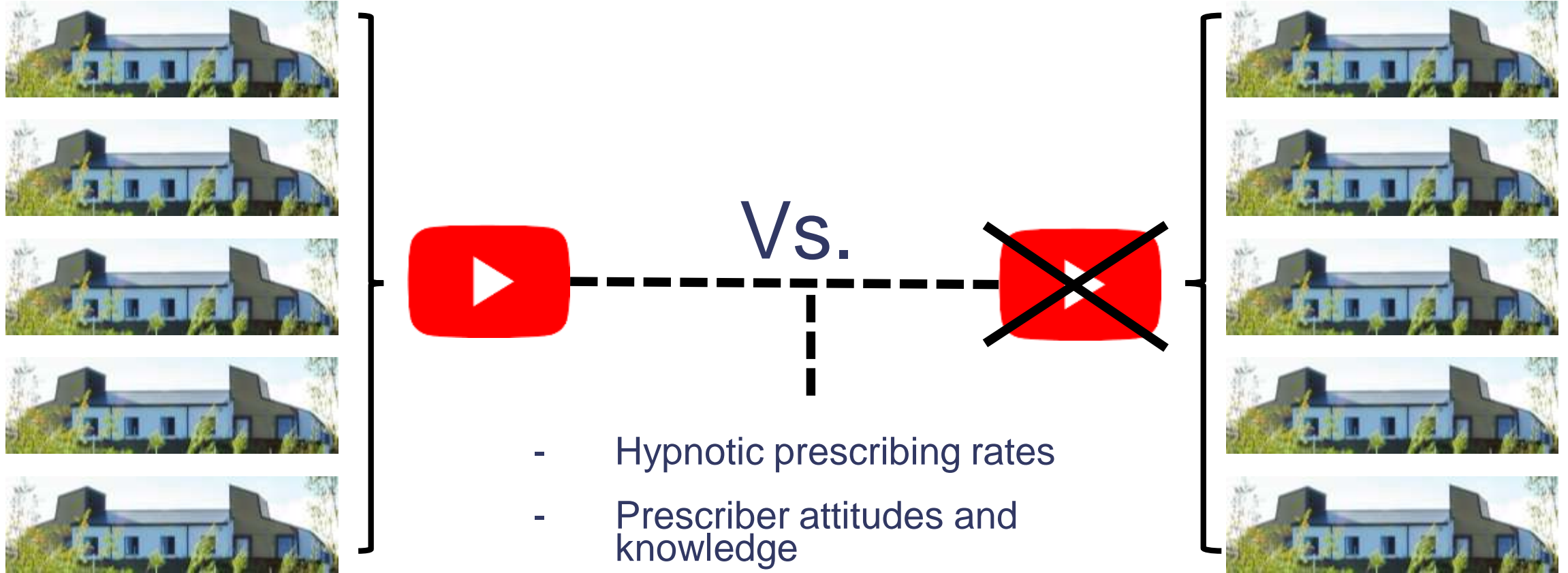


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# The research...



# SLEEP

THE IMPORTANCE OF BEING IDLE



The International Bestseller

'Startling, vital, a life raft' *GUARDIAN*

MATTHEW  
WALKER

# Why We Sleep



The  
New  
Science  
of Sleep  
and  
Dreams

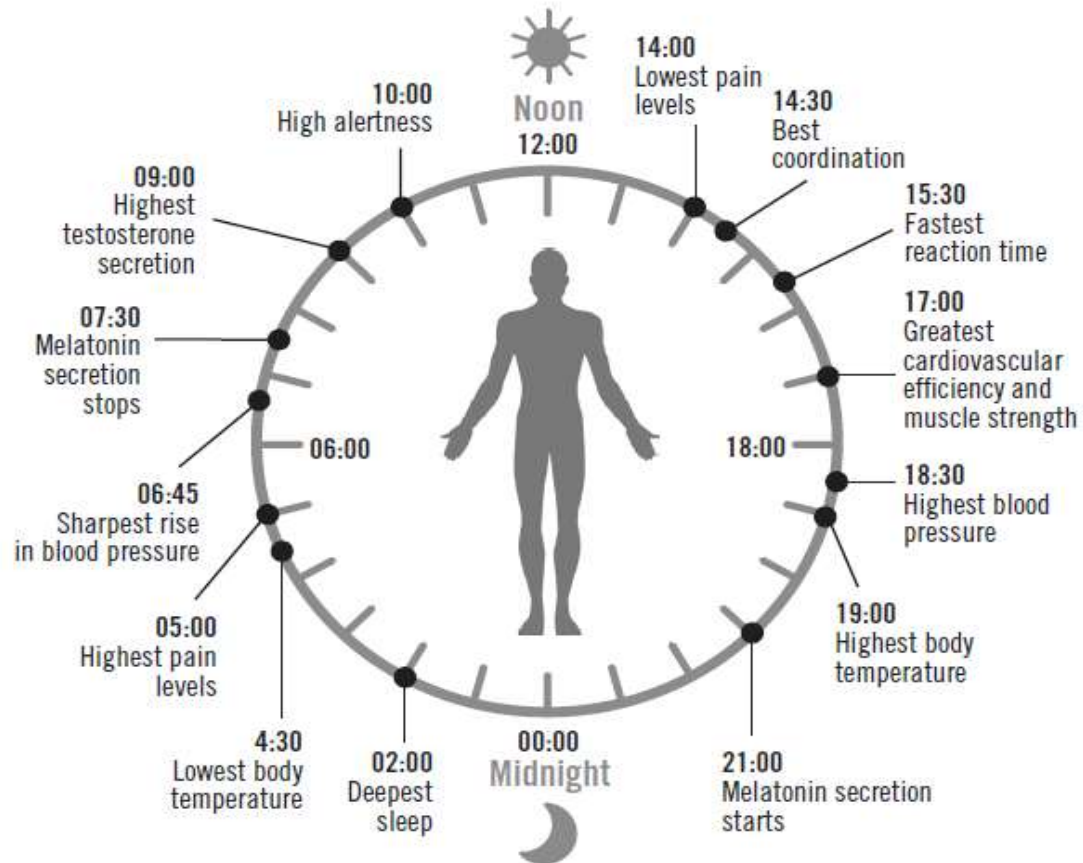




# HOW DO WE SLEEP?

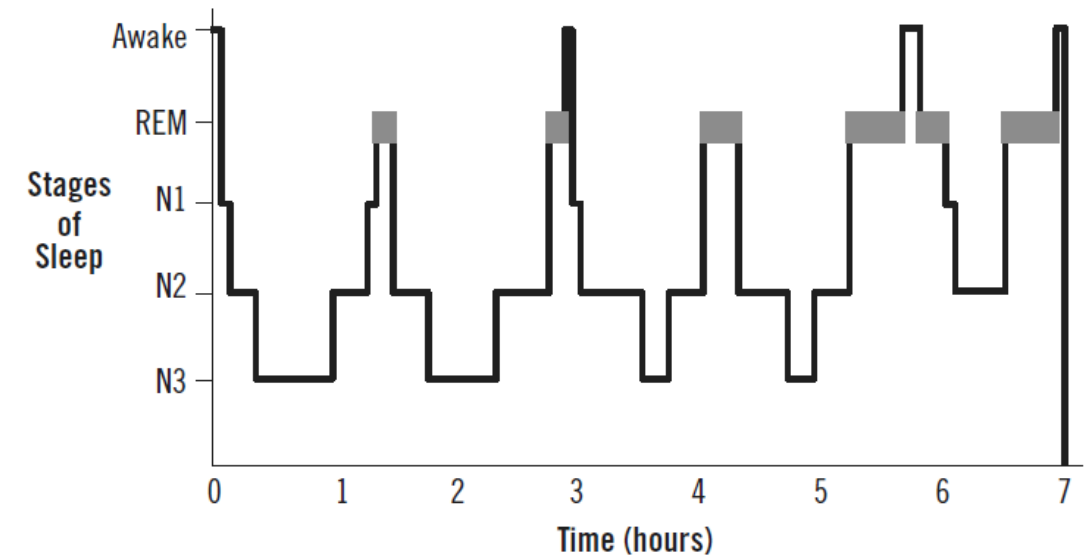
## CIRCADIAN RHYTHM

### The Biological Clock



## ULTRADIAN RHYTHM

### Hypnogram of Normal Sleep



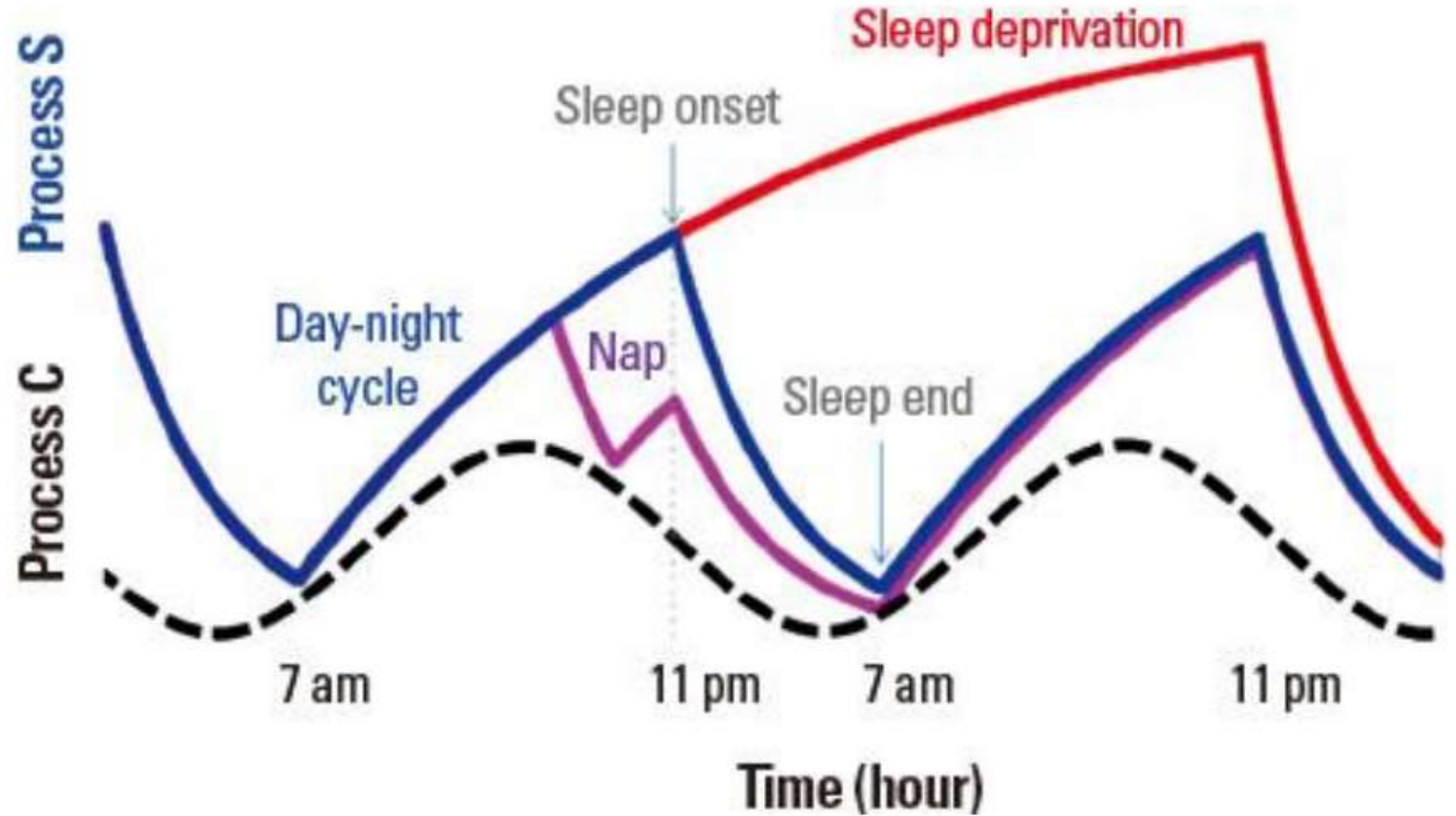
## Process S – Sleep Pressure

Build up of adenosine at adenosine receptors in pre-frontal cortex  
Caffeine blocks adenosine receptors

## Process C – Circadian Rhythm

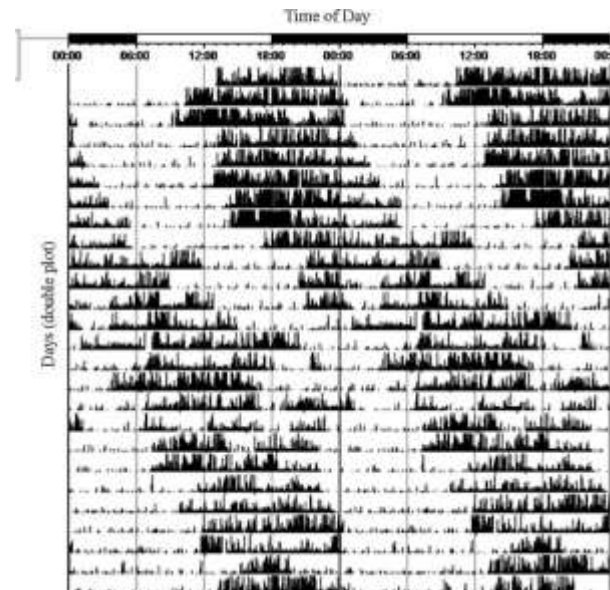
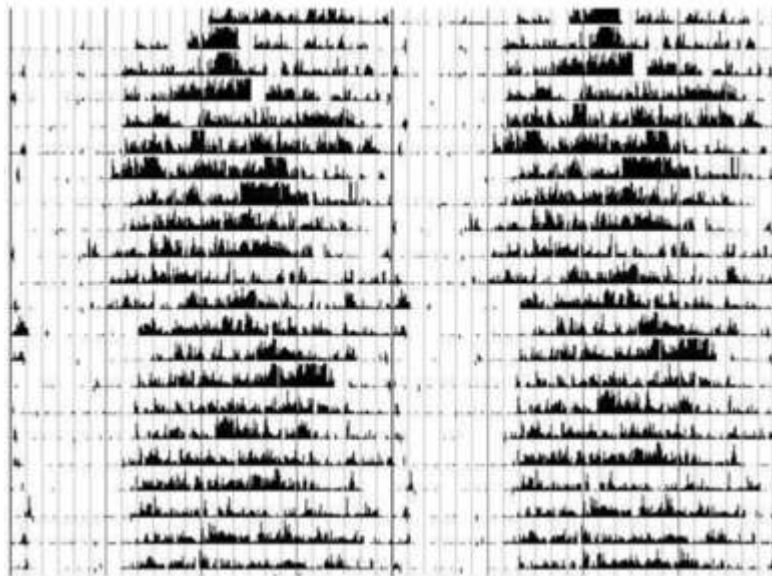
All complex life including plants have a circadian rhythm

~24 hours (usually slightly longer)



# WHEN IT GOES WRONG

- INSOMNIA
- HYPERSOMNIA
- PARASOMNIA
- CIRCADIAN RHYTHM DISORDERS







# THE PROBLEM

- INAPPROPRIATE PRESCRIBING OF HYPNOTICS
- PASSING THE BUCK
- LACK OF AWARENESS OF 'GOOD SLEEP'
- LACK OF RESOURCES/UNDERSTANDING TO MAKE CHANGE



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