

Abstract

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Anxiety and sleep disorders belong to common medical conditions. Anxiety attacks are recurring unpleasant emotion states. Sleep disorders are characterized by insufficient or excessive amount of sleep or its poor quality, which persist for significant time period. These common disorders represent important medical and socioeconomic problem. Opinions about etiopathogenesis and classification are constantly evolving. Women and elders suffer from these disorders more often. Complex treatment includes mostly removing the cause, life style changes, psychotherapy, and pharmacotherapy of acute attacks relieving anxiety or sleep problem and prophylactic pharmacotherapy slowly lowering frequency, intensity and later on optimally total resolution of symptoms. Antidepressants from SSRI or SNRI group are considered to be the drugs of first choice in frequent anxiety and chronic sleep disorders. Before the full effect of these antidepressants, it is possible to use BZD for acute attacks treatment. For acute sleep disorders treatment, so called “Z” drugs could be used. Melatonin – hormone of epiphysis is nowadays newly used in cases of chronic sleep disorder. Untreated chronic sleep disorders and anxiety can cause deep and long-term depressions.

