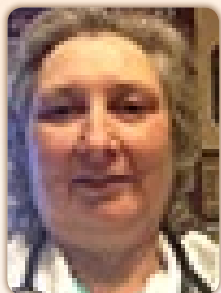


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Kathy Sexton-Radek

Elmhurst College, USA

What are the commonly used sleep medicines and are they always necessary?

Hypnotics are listed third in ratings of the most commonly prescribed medications behind cardiovascular and cancer related medications. This popularity appears in the general public as well with store aisles holding some twenty plus types of “get to sleep” over the counter medications. Insomnia is the most prevalent sleep disorder and it drives the number of requests for a hypnotic prescription. This circumstance occurs, despite the empirical support and demonstrated effectiveness of Cognitive Behavioral Therapy for Insomnia. This presentation will provide an overview of commonly prescribed Sleep Disorders medications. In addition, the basic science findings of the effect of various medications on sleep will be addressed.

Biography

Kathy Sexton-Radek completed her Doctorate of Philosophy in the area of Clinical Psychology at Illinois Institute of Technology in Chicago, IL in 1988. She interned at Rush Medical Center as a Behavioral Medicine Resident. She has been in Academia for 26 years developing and teaching undergraduate and graduate Psychology courses. Her private practice work as Director of Behavioral Health and Wellness for the last 26 years has focused on assessment and treatment in areas of sleep disorders, depression, anxiety disorders, somatic symptoms disorders and psychological factors affecting medical illness disorders. She is a Certified Behavioral Sleep Medicine specialist and has Sleep Board eligibility.

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