



Overview

Sleep is a complex physiological and neurobiological process essential for restoring brain function, emotional regulation, immune balance, and metabolic health. In adults, it unfolds through structured cycles of non-REM (NREM) and REM (rapid eye movement) sleep. NREM stages support tissue repair, immune modulation, and energy conservation, while REM sleep, which typically begins about 90 minutes after sleep onset, plays a crucial role in memory consolidation and emotional processing.

Although healthy adults generally need seven to nine hours of quality sleep per night, sleep needs vary with age, medical conditions, and mental health status. Disruptions to this architecture, whether due to stress, psychiatric disorders, circadian misalignment or behavioural patterns, can lead to a wide range of sleep disturbances including insomnia, delayed sleep phase or non-restorative sleep. These conditions are often comorbid with anxiety, depression, trauma-related disorders or neurodevelopmental vulnerabilities.

Left untreated, chronic sleep dysfunction can result in fatigue, cognitive impairment, mood instability and increased risk of cardiovascular, endocrine and psychiatric complications. A psychiatric approach to sleep disorders includes assessing emotional and neuropsychological contributors and offering personalised interventions such as behavioural strategies, lifestyle restructuring and, when appropriate, pharmacological treatment.

What to Expect

The process includes a comprehensive assessment:

- A detailed history exploring sleep patterns, daytime functioning, and contributing factors
- A focused psychiatric assessment to identify anxiety, low mood, or unhelpful thoughts affecting sleep
- Neurological screening when appropriate, to consider causes such as restless legs syndrome, circadian rhythm disorders, or parasomnias
- Further investigations such as actigraphy, polysomnography, or EEG can be arranged if needed

- A personalised care plan including sleep hygiene strategies, a sleep diary, CBT-I techniques, or short-term medication when symptoms are severe
- Follow-up in 2 to 4 weeks to assess progress and define a longer-term strategy

Session Format

- Each consultation lasts 45 minutes
- Sessions can be held in person or via secure video call
- A summary of recommendations is always provided at the end of the consultation

Areas of Focus

This service can support you if you are experiencing:

- Insomnia (difficulty falling or staying asleep)
- Obstructive sleep apnea (OSA)
- Restless legs syndrome (RLS)
- Narcolepsy or hypersomnia
- Circadian rhythm sleep disorders
- Anxiety or mood disorders interfering with sleep
- Concerns about chronic poor sleep and its impact on health

Our Approach

We collaborate with patients to develop structured, evidence-based treatment plans that address both the symptoms and their root causes—improving sleep quality, restoring circadian rhythm stability, and reducing the psychological burden of chronic sleep dysfunction.

We offer specialist psychiatric care for sleep disorders, grounded in a comprehensive understanding of the neurobiological, psychological and behavioural mechanisms that regulate sleep. Our clinical work integrates current evidence from sleep medicine and

psychiatry to accurately identify the underlying drivers of sleep disturbances and their interaction with mental health conditions.



04-577-1289
+971 58 823 9417



DKP, Block 11, Office 114
PO Box 501741, Dubai, UAE



info@bpsclinic.com
www.bpsclinic.com