Chicken or Egg?
Sleep Problems and Depression

A pattern of inadequate sleep can put people at risk of depression. Conversely, depression can cause inadequate sleep.

Depression-related sleep problems include difficulty falling asleep, difficulty staying asleep, and difficulty feeling refreshed from sleep (or oversleeping). Obstructive sleep apnea and restless legs syndrome also have been linked to depression.

This month brief, private, online screenings for depression are featured on SEGIP health plan and LifeMatters EAP websites.

Go to http://view.ext.cms.oet.mn.gov/mmb/segip/health-solutions/employees/index/depression/index.jsp for links to depression information and screening tools. The sooner it is addressed, the quicker the recovery from depression.