

Abstract

Charles University in Prague

Faculty of Pharmacy in Hradec Králové

Department of Pharmacology & Toxicology

Student: Kateřina Böhmová

Supervisor: prof. MUDr. Hrdina Radomír, CSc., PharmDr. Bc. Kotolová Hana, Ph.D.,
PharmDr. Vokřál Ivan, Ph.D.

Title of diploma thesis: Current options for pharmacotherapy of anxiety and sleep disorder

Anxiety and sleep disorders belong to common medical conditions. Anxiety attacks are recurring unpleasant emotional states. Sleep disorders are characterized by an insufficient or excessive amount of sleep or its poor quality, which persist for a significant time period. These common disorders represent an important medical and socioeconomic problem. Opinions about etiopathogenesis and classification are constantly evolving. Complex treatment includes mostly removing the cause, lifestyle changes, psychotherapy, and pharmacotherapy. Antidepressants from SSRI or SNRI group are considered to be the drugs of the first choice in frequent anxiety disorders. The treatment of insomnia depends mainly on the type of disorder. Hypnotics should be reserved especially for short-term and transient forms of insomnia, the treatment of which must be started as soon as possible together with the cognitive component and the elimination of the primary cause of this insomnia. In the chronic form of insomnia associated with a psychiatric disorder, it is necessary to primarily treat the underlying psychiatric illness with appropriate psychotropic drugs, taking into account their positive hypnotic side effects.