

The Role of Sleep Quality in Post-Traumatic Stress Disorder Recovery

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Abstract. This study investigates the relationship between sleep quality and recovery from post-traumatic stress disorder (PTSD). By evaluating sleep patterns in individuals undergoing PTSD treatment, the research explores how improving sleep quality can enhance therapeutic outcomes. Findings suggest that better sleep quality significantly contributes to reducing PTSD symptoms and improving overall mental health. These results highlight the importance of incorporating sleep assessments and interventions in PTSD treatment plans to optimize recovery. The study advocates for a multidisciplinary approach, integrating sleep medicine and clinical psychology.

Keywords: Sleep Quality, Post-Traumatic Stress Disorder, Recovery, Clinical Psychology, Intervention

Introduction

Post-traumatic stress disorder (PTSD) is a debilitating mental health condition triggered by experiencing or witnessing traumatic events. It is characterized by symptoms such as flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the trauma. While numerous therapies exist for managing PTSD, recovery often remains challenging for many individuals. Emerging research suggests that sleep quality plays a vital role in the recovery process, influencing both the severity of PTSD symptoms and overall therapeutic success. This study aims to explore the connection between sleep quality and PTSD recovery, examining whether interventions targeting sleep improvements can lead to better treatment outcomes. By focusing on this often-overlooked aspect of mental health care, the research seeks to enhance existing therapeutic strategies and support comprehensive recovery for individuals with PTSD.

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References

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