



# MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | WINTER 2023

## Better Sleep Online

A few years ago, the American Academy of Sleep Medicine made a major shift in their approach to insomnia. They downgraded sleep medications and moved a behavioral approach to the first-line.

Other medical groups followed suit, and for good reason. Sleep is too complicated for a single pill to fix. Sleep medications only have a mild benefit, helping people fall asleep 10 minutes faster than a sugar pill on average.



For better or worse, artificial intelligence generated this art *Sleep in Style of Matisse*

### Treatment Breakthroughs

People with psychiatric disorders can expect a full recovery. Below are recent discoveries that offer new hope:

#### Medications

Auvelity: A fast-acting combination med for depression

Lecanemab (Leqembi) for dementia

Cariprazine (Vraylar) for depression

Daridorexant (Quviviq) for insomnia

Mirtazapine for OCD

#### Natural

Palmitoylethanolamide, which is found in soybeans, eggs, and peanuts treated depression and bipolar mania

#### Therapy

A 20-year study proved that cognitive behavioral therapy prevents depression

Walking is less complicated than sleeping, and we don't expect medications to help us walk – say – after an injury. We look to physical therapy for that. Likewise, there are many physical things people can do to improve their sleep. We've gathered them all on this website, which includes a podcast-guide to better sleep:

[moodtreatmentcenter.com/sleep](https://moodtreatmentcenter.com/sleep)

Sleep is a 24-hour cycle. Insomnia makes people feel like they have no control over their sleep, but in reality they only lose control over a small window: the hour before falling asleep. Part of the secret to overcoming insomnia is to focus less on that hour and turn your

attention to the parts you do have control over, like:

- Get out of the bed at the same time each day
- Get sunlight in the morning
- Stay out of bed during the day
- Wear blue-light blocking glasses 1-2 hours before bed
- Sleep in a cold, dark room

Those are the top five things to do if you are suffering from insomnia. Beyond that, a full behavioral approach is available that can realign the two biological forces that regulate sleep: *Circadian rhythm* and *sleep drive*.

Cognitive behavioral therapy for insomnia (CBT-i) improves sleep even better than the strongest sleep medicine. Beyond its benefits for sleep, CBT-i also doubles the response to antidepressants.

There are three ways to get CBT-i

- 1) Paper and pencil  
[moodtreatmentcenter.com/cbtinsomnia](http://moodtreatmentcenter.com/cbtinsomnia)
- 2) Free app: *CBT-i Coach*
- 3) Prescription app: *Somryst*

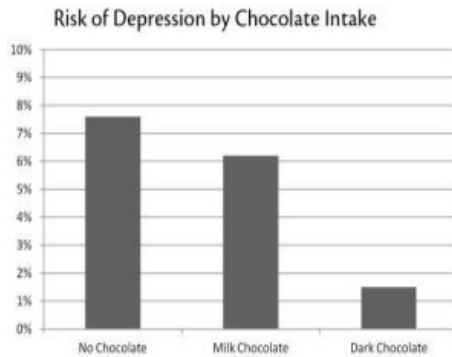
## Dark Chocolate Helps Depression

A little piece a day keeps depression away, or at least lowers the risk by 70%, according to a study of 14,000 adults.

The same link was not found for milk chocolate, or for sugar in general, which means there might be something special in the dark chocolate itself. Dark chocolate has flavanols that protect brain cells, as well as other brain-boosting nutrients like anandamine and phenylethylamine. In other studies, dark chocolate (70% cocoa or higher) improved memory and reduced the risk of diabetes and heart disease.

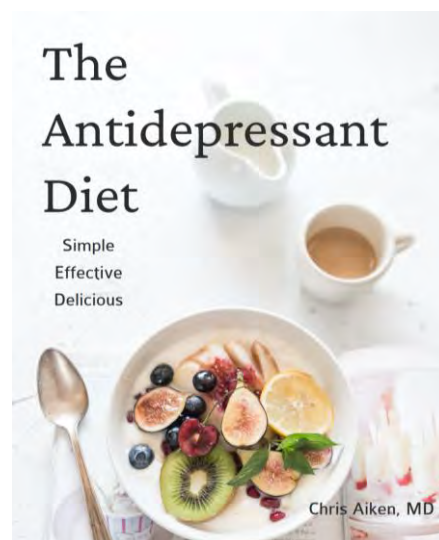
I wouldn't overdue the dark chocolate however. Limit to 1-2 ounces a day. Dark chocolate can cause migraines, insomnia (it has more caffeine per ounce than coffee), and kidney stones. It's also not good for the teeth – best to brush after eating it.

It's possible these results were due to factors other than dark chocolate



itself. For example, it could be that health-minded people choose dark chocolate because of all the good news around it. However, the link remained after adjusting for education, age, income, marital status, weight, medical illnesses, physical activity, smoking status, alcohol intake, and total intake of calories and sugars.

Dark chocolate is just the icing on the cake when it comes to treating depression. Four recent studies have found that dietary changes lift mood with a power as strong as a medication. Download our free eBook to the antidepressant diet at: [moodtreatmentcenter.com/antidepressantdiet](http://moodtreatmentcenter.com/antidepressantdiet)



## New Seminars

Reserve your spot online at [moodtreatmentcenter.com/group-therapy](http://moodtreatmentcenter.com/group-therapy) or by email [grouptherapy@moodtreatmentcenter.com](mailto:grouptherapy@moodtreatmentcenter.com)

### Dialectical Behavior Therapy (DBT).

This group is part of a full therapy program that teaches skills to manage major stress, mood swings, and relationships. Meetings are in-person at our Country Club Rd office in Winston-Salem (5-7pm Tuesdays) or by Zoom (Thursday 4-6pm).

**Transgender Therapy Group.** Open to people who is transgender, non-binary, or otherwise gender non-conforming. Wednesdays 6-7pm by Zoom.

## New Offices

We have new locations in **Cary** and **High Point**, NC. We are planning an office in **Rocky Mount**, NC in early 2023.

We have also partnered with practices in Texas and Arizona to bring more ideas and more resources to the table.

## Practice Updates

We are **expanding** some of our most popular therapies services, including therapy for children and teens; brainspotting for trauma; and therapy for OCD and eating disorders.

**Low-cost therapy** through our intern service, in partnership with Wake Forest University.

## Social Media

Get regular tips for mental health through our Facebook and Instagram posts

[facebook.com/moodtreatmentcenter](https://facebook.com/moodtreatmentcenter)

[instagram.com/mood\\_treatment\\_center](https://instagram.com/mood_treatment_center)