





Theoretical Review

Delayed Sleep Phase Syndrome and Bipolar Disorder: Pathogenesis and Available Common Biomarkers

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Summary

Circadian rhythm disturbances are common in bipolar affective disorder (BD). Delayed sleep-wake phase syndrome (DSWPD) is the most prevalent circadian rhythm sleep-wake disorder (CRSWDs) and is frequently observed in BD. It is unclear whether DSWPD in BD is an independent process or is a consequence of BD. In this hypothetical review, we discuss the overlap between BD and DSWPD and potential common biomarkers for DSWPD and BD. The review will include a discussion of the genetics of DSWPD and BD. Biomarkers elucidating the pathophysiological processes occurring in these two disorders may offer insight into the etiology and prognosis of both conditions.

Keywords

circadian rhythm sleep-wake disorders; bipolar disorder; delayed sleep wake phase disorder; biomarkers; mood disorder; sleep disorders; melatonin