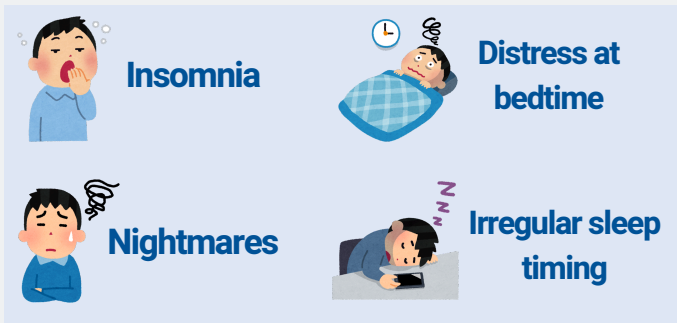


# CONNECTION LEARNING HEALTH SYSTEMS HUB-WIDE DATA SNAPSHOT SLEEP AND FIRST-EPIISODE PSYCHOSIS



Sleep disturbances are highly prevalent in individuals with psychosis-spectrum disorders. However, the nature of these disturbances is unclear. This snapshot involves data from 406 First Episode Psychosis (FEP) participants in CSC programs within the Connection Learning Healthcare System (CLHS) Hub of the Early Psychosis Intervention Network (EPINET).

Sleep problems in FEP include:



The **Minimal Insomnia Symptom Scale (MISS)**

was used to measure:

- ◆ Difficulties with falling asleep
- ◆ Nighttime awakenings
- ◆ Non-restorative sleep

The MISS results in a total score of **sleep difficulty severity**.

Sleep in FEP characterized

**406 individuals** provided data on insomnia severity



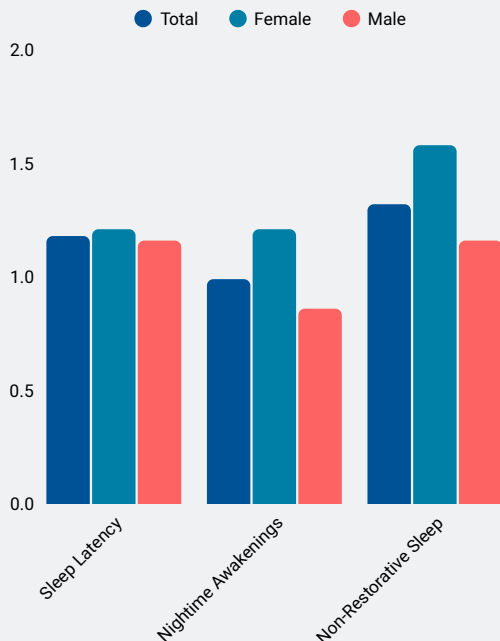
**Insomnia** has been positively associated with:

- Higher rates of suicide
- Increased psychosis symptoms
- Poorer school/work engagement
- Lower quality of life

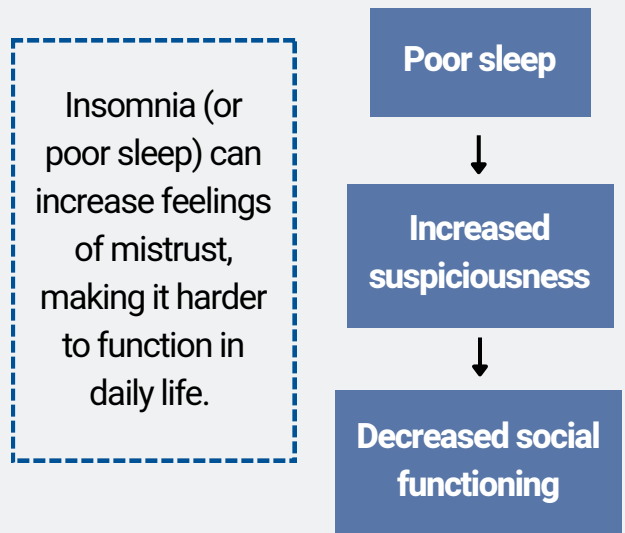
**Sex based** sleep differences:

Females reported

- Higher overall insomnia severity
- More nighttime awakenings
- Less restorative sleep



Indirect Effect of Sleep on **Social Functioning** through **Suspiciousness** in FEP



These findings in the CAB data highlight how crucial sleep is for those struggling with serious mental illness. Sleep disturbances are an important treatment target for individuals engaging in FEP programs.