

TREATING SLEEP DISORDERS IS OFTEN AN EFFECTIVE WAY TO COMBAT HEADACHE SYNDROMES - NO

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What makes sleep disturbances and headaches relevant is that both conditions highly amplify the risk of each other (Yokoyama et al., 2009; Seidel et al., 2009) causing logical pathogenetic queries and sizeable clinical implications. When a primary headache occurs together with a sleep disorder additional treatment is needed, there is no doubt for this. Investigation for comorbid sleep disorders is needed as well, when the headache history is taken (Mitsikostas et al., 2008; Mitsikostas et al., 2010). Apart from these considerations no further care is required however. Sleep disorders are frequent among general population, but in most cases are symptomatic to psychiatric conditions. Apparently, management of the primary condition will recover sleep.