

- anxiety
 - depression
 - SAD: Seasonal Affective* Disorder
- * *affective = of moods (affect = mood)*

A 1999 study by Washington State University researchers found that of people seeking medical attention for insomnia, more than half were diagnosed with a mental disorder, the most common problem being depression.

Depression is particularly associated with early morning waking. Dr. Doghramji, director of the sleep disorders centre of the Thomas Jefferson University in Philadelphia, suggested in 2000, that approximately 90% of depressed patients have some form of sleep abnormality and between 50 and 95% of depressed patients complain of severely disturbed sleep.

SAD, as we have seen, is associated with sleep that is not restorative and tends to occur during the winter months.