

5. BÖLÜM

Uyku ve Dürtüsellik İlişkisi

Ali KANDEĞER¹
Yavuz SELVİ²

GENEL OLARAK UYKU

Yaşamımızın önemli bir kısmının geçtiği uyku, tüm canlı türleri için evrensel bir davranıştır. İşlevi konusunda çalışmalar devam ediyor olsa da birçok fizyolojik süreci etkilediğini bildiğimiz uykunun yaşamı sürdürmek açısından vazgeçilmez olduğu açıktır. Aynı zamanda bedensel fizyopatolojik değişiklikler, çevresel koşullar ve sirkadiyen değişikliklerin uyku üzerine farklı etkileri vardır.

Uyku karmaşık yollarla birbirini etkileyen homeostatik ve sirkadiyen mekanizmalar tarafından kontrol edilen, nöral aktivitenin değişen biçimlerini gösteren bir durumdur (Kryger ve ark., 2011). Uyku esnasında beyindeki dinamik değişiklikler pons, bazal ön be-

yin bölgeleri ve subkortikal yapılar tarafından kontrol edilir. Bu kontrolde görev alan başlıca nörotransmitterler ise norepinefrin, serotonin ve asetilkolin'dir. Bu bölgelerin ve nörotransmitterlerin duygudurum ve davranışlarla ilgili önemli fonksiyonları da vardır (Kryger ve ark., 2011).

Uyku esnasında; birçok sistemin onarımı sağlanmakta, hücrel enerji depoları yenilenmekte, emosyonel düzenleme ve bellek konsolidasyonu sağlanmaktadır. Bu fonksiyonlara yönelik Non-REM uykusunun işlevinden ziyade REM uykusunun işlevi konusunda daha çok bilgi sahibi olunmuştur. REM uykusuna özel olduğu düşünülen işlevlerle ilgili olarak; emosyonel uyumun sağlanması, aşırı dürtüsel enerjinin boşaltılması, sereb-

¹ Dr. Öğr. Üyesi, Selçuk Üniversitesi Tıp Fakültesi Psikiyatri Anabilim Dalı, dralikandeger@gmail.com

² Prof. Dr., Selçuk Üniversitesi Tıp Fakültesi Psikiyatri Anabilim Dalı, dryavuzselvi@gmail.com

sabah tipi özelliği olarak karşımıza çıkar (Randler, 2008; Tonetti ve ark., 2009). Zira akşam tipi olmak bozulmuş bir sirkadiyen ritme sahip olmak demektir ve serotonerjik yolak suprakiazmatik nükleusa giden majör afferent yoldur (Moore ve Speh, 2004). Düşük serotonerjik aktivitenin akşam tipi özelliği olduğu, bozulmuş sirkadiyen ritimle birlikte bu düşük aktivitenin emosyonel düzenlemeyi bozarak dürtüsel davranışlara neden olduğu düşünülebilir (Tonetti ve ark., 2010; Selvi ve ark., 2011).

SONUÇ

Uykusuzluğun bilişsel fonksiyonlarda bozulma, duygu ve davranışı düzenlemede zorluklar ve birçok psikiyatrik bozukluk için yatkınlığa yol açtığıyla ilgili kanıtlar çoğalmaktadır. Dürtüsellik bu bileşkede önemli bir faktördür. Dürtüsellik uykusuzluk ile birçok klinik durum arasında aracı bir role sahiptir. Diğer taraftan dürtüsellüğün çekirdek belirtilerinden olduğu DEHB gibi psikiyatrik bozukluklara uykusuzluğun ve uyku sorunlarının eşlik ettiği görülmektedir. Sirkadiyen ritimdeki bozulmalarla daha ilişkili, uykusuzluk belirtilerinin daha fazla ve toplam uyku süresinin daha az olduğu akşam tipi bireylerin dürtüsellik belirtilerini daha fazla yaşadığı saptanmıştır. Bu çalışmalar dürtüsellüğün azaltılmasında eşlik eden uyku sorunlarının ve sirkadiyen bozulmanın düzeltilmesinin önemini ortaya koymuştur. Dürtüsellüğün tedavisinde parlak ışık tedavisi gibi sirkadiyen ritim odaklı ilaç dışı tedavi seçenekleriyle ilgili ümit verici bulgular olsa da bu alanda daha fazla çalışmaya ihtiyaç vardır.

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