

# Stress steigert Cortisol, und Risiko für Schlafprobleme

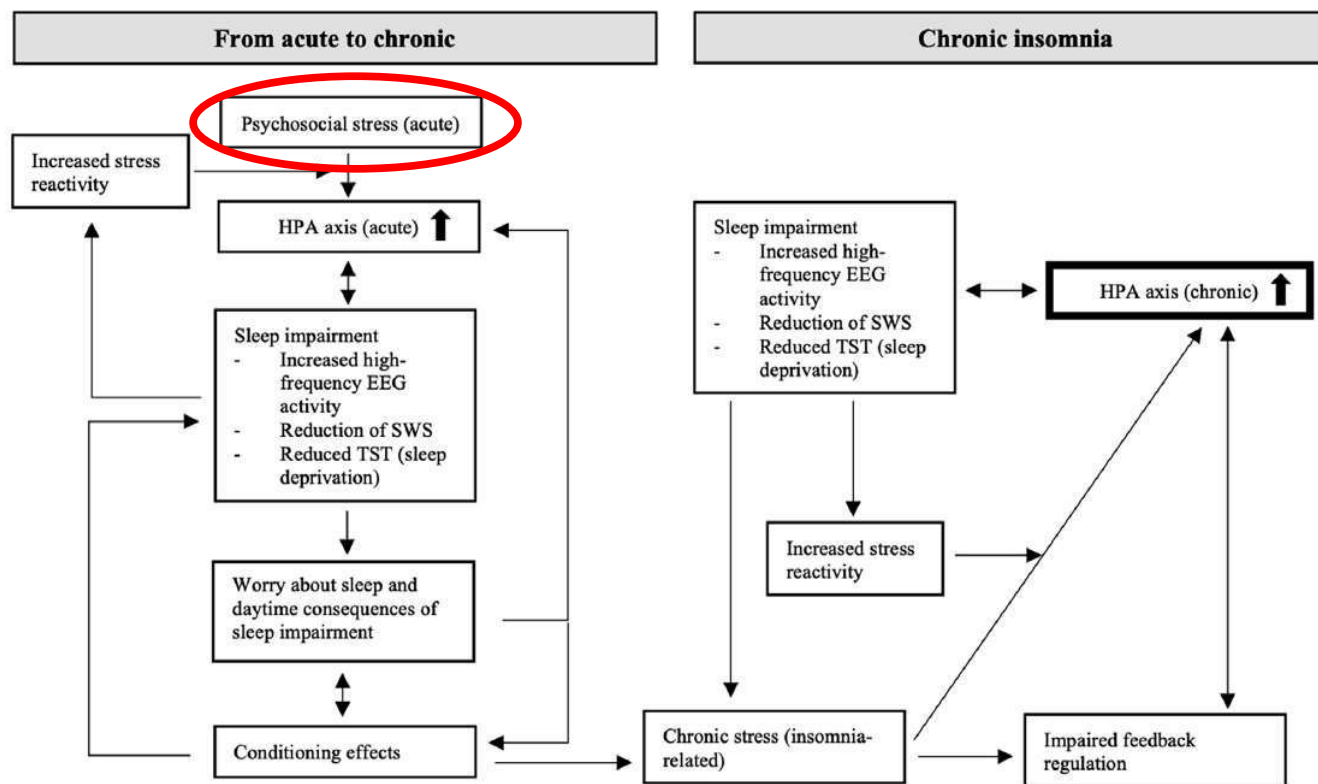


Fig. 2. Involvement of the HPA axis in acute and chronic insomnia. EEG electroencephalography, SWS slow-wave sleep, TST total sleep time.

Dressle RJ et al. (2022). HPA axis activity in patients with chronic insomnia: A systematic review and meta-analysis of case-control studies. *Sleep medicine reviews*, 62, 101588.



# Erhöhte Cortisolspiegel vermeiden, Insomnie vorbeugen

Review > Sleep Med Rev. 2022 Apr;62:101588. doi: 10.1016/j.smrv.2022.101588. Epub 2022 Jan 8.

## HPA axis activity in patients with chronic insomnia: A systematic review and meta-analysis of case-control studies

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Meta-Analyse:  
20 Studien mit  
449 Insomnie-Patienten  
(18-70 J.) versus 357 Kontrollen

Insomnie-Pat. zeigen moderat  
erhöhtes Cortisol (Speichel &  
Blut); und stark erhöhtes  
Cortisol (alleinige Blutproben)

Dressle RJ et al. (2022). HPA axis activity in patients with chronic insomnia:  
A systematic review and meta-analysis of case-control studies. *Sleep medicine reviews*, 62, 101588.