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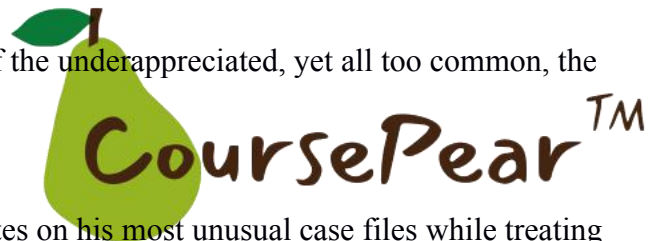
Course

Prof

Date

A Medicated Dream

The majority of a person's life is spent unconscious—sleeping. Sleep benefits the mind and body by reducing stress, improving memory, and relaxing muscles. Sleeping is an automatic process that replenishes our body's energy reserves. However, we run into many problems when we cannot depend on this allocated period of rest. Either we morph into sleep-deprived zombies or into amusing creatures unable to leave the unconscious world. Even on a more empirical level, sleep aids in the treatment of people who are sick. Distinguishing the conscious and unconscious worlds has always piqued my curiosity, which is precisely why I chose to study sleeping problems. I will research sleep problems in my inquiry by comparing the information included in a popular press piece to the information contained in a peer-reviewed publication. By analyzing the writers' different motivations for creating each article and the situations for utilizing one over the other, I want to get a more holistic view of the underappreciated, yet all too common, the paradox of sleeping problems.



Clinical psychologist John Cline elaborates on his most unusual case files while treating patients with sleep problems in his essay "The Nightmare Files." He discusses a range of sleeping problems to bring awareness to this under-represented and often neglected issue. Cline discusses

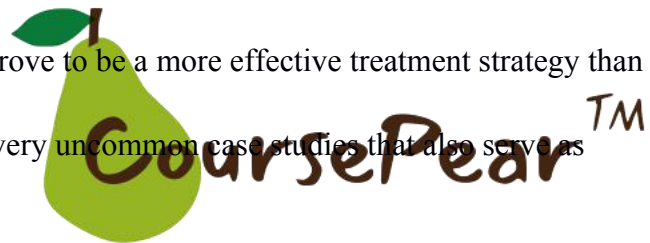
various sleeping problems, from those that cause difficulties falling asleep, such as insomnia and delayed sleep phase disorder (DSPD), to those that cause sleeping abnormalities (Cline, 2009).

Narcolepsy, sleepwalking, sexsomnia, and incubus attacks are all examples of these abnormalities. Cline addresses various sleeping disorders casually, presenting each patient's case study and contextualizing it with the disorder's description, prevalence, and therapy. He believes that cognitive-behavioral therapy and good sleep hygiene have a longer-lasting impact than a pharmaceutical prescription (Cline, 2009). He attempts to demonstrate the efficacy of this treatment approach by elucidating the importance of cognitive-behavioral therapy in each of the case studies. Essentially, Cline relies heavily on case studies to substantiate his thesis.

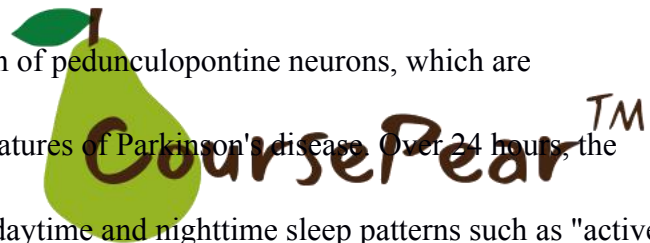
Researchers and psychologists use case studies to investigate phenomena in real-world settings to discover appropriate answers for their queries.

Additionally, since Cline's job already involves diagnosing and treating patients, he discovers a more cost-effective and time-efficient way to support his study using the uncommon case files he maintains. However, since Cline treated the patients before performing this research, he omits certain details from his paper to protect his patients' anonymity. Cline hypothesizes that, over time, cognitive-behavioral therapy will prove to be a more effective treatment strategy than simply medicating, bolstering his thesis with very uncommon case studies that also serve as amusement for the reader.

Although Cline covers more unusual instances, sleeping problems are widespread, appearing as symptoms in individuals with Parkinson's disease. Belaid and colleagues investigate the



irregular sleep patterns of individuals with Parkinson's disease in their peer-reviewed paper, "Sleep Disorders in Parkinsonian Macaques: Effects of -Dopa Treatment and Pedunculo pontine Nucleus Lesion" (PD). The researchers treated Macaque monkeys with 1-methyl-4-phenyl-1,2,3,6-tetrahydropyridine (MPTP). This neurotoxin directly targets the neurons involved in Parkinson's disease to create an animal model in which they could closely observe the causes and effects of sleeping disorders in patients with Parkinson's disease (Sian, 1999). As with any scientific studies involving animals, the researchers were required to get approval from the Committee on the Ethics of Animal Experiments before experimenting (Belaid et al., 2014). Their investigation was designed to determine if sleeping abnormalities were a symptom of Parkinson's disease or a side effect of dopaminergic medicines (Belaid et al., 2014). The researchers closely watched four adult male macaque monkeys to test this theory while implanting a radio-telemeter transmitter into each monkey's abdominal muscle layers. The implementation aimed to continuously record various phases of experimentation for extended periods. The experiment observes macaques in four stages: in their natural state as a control variable, after MPTP treatment, after MPTP treatment followed by levodopa treatment (-dopa Treatment), and finally after cholinergic lesion of pedunculo pontine neurons, which are frequently associated with the degenerative features of Parkinson's disease. Over 24 hours, the researchers adjusted illumination to simulate daytime and nighttime sleep patterns such as "active wake," "wake," "light sleep," "slow-wave sleep," and "rapid-eye-movement" (Belaid et al., 2014). After three to four weeks, the researchers found that MPTP poisoning followed by -dopa therapy

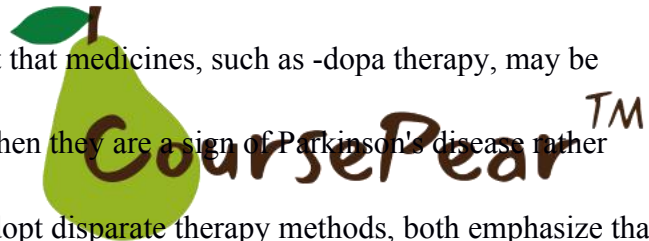


had the greatest outcomes for reversing parkinsonian symptoms, particularly insomnia (Belaid et al., 2014).

While Cline uses case studies to bolster his argument, Belaid and other researchers perform an actual scientific investigation utilizing an animal model. Cline employs a more qualitative technique in his study using case studies, while Belaid and the other researchers use a quantitative, empirical approach by developing and testing a hypothesis. Cline's study was relatively inexpensive and time-efficient since he had previously treated the patients included in his paper. At the same time, Belaid and the other researchers experimented independently to verify their theory, necessitating additional time and money.

While the two papers use different study methodologies, they aim to enhance the sleep patterns of either healthy individuals or patients with Parkinson's disease. Although Cline mentions some very uncommon sleeping problems in the popular news piece, he suggests that irregular sleep patterns are fairly frequent. He advocates for the use of cognitive-behavioral therapy to address sleeping problems rather than immediately turning to medication. On the other hand, Belaid and the other researchers suggest that medicines, such as -dopa therapy, may be required to improve irregular sleep patterns when they are a sign of Parkinson's disease rather than a natural occurrence. While the papers adopt disparate therapy methods, both emphasize that the goal is to improve irregular sleep patterns.

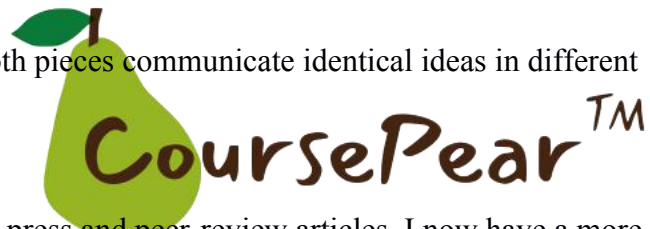
Additionally, both writers invoke ethos, demonstrating their trustworthiness to increase the



reliability of their writings. The popular news piece has a paragraph on John Cline's credentials as a Yale University psychiatry professor and clinical psychologist. The peer-reviewed paper includes a list of the article's many authors, who hail from renowned institutions worldwide, mostly in France and the United States. Apart from those commonalities, the pieces are written for distinct audiences. Cline seems to be targeting the broader public with his popular newspaper piece, using numerous images and uncommon case files to entice the reader. As a professional psychologist, Cline lends legitimacy to his essay, despite the fact that he talks only from personal experience regarding sleeping problems. On the other hand, the general public does not deliberately seek numerous references as a signal to continue reading and agreeing with an article. Cline provides a section in his essay titled "10 Tips for Getting Your Zs" specifically for this reason. The general public may easily comprehend what Cline is attempting to convey in his essay via colloquial language.

Furthermore, Belaid and the other researchers write the peer-reviewed paper for an educated readership, particularly individuals who work in the scientific area or have a strong background in neuroscience. As a result, the essay extensively uses technical terminology and illustrates it with many charts and figures. Nonetheless, both pieces communicate identical ideas in different ways.

After comparing and contrasting popular-press and peer-review articles, I now have a more holistic understanding of when to use one over the other. When I'm required to give knowledge on a certain occurrence to my colleagues or the broader public, I'll refer to a popular newspaper



piece. Since popular press pieces are often authored by one or two writers, as opposed to the many authors that contribute to peer-reviewed papers, there is an obvious bias in writing. On this point, I would utilize a popular press piece to argue for a certain position discussed by the popular press author. Additionally, they are beneficial if one ever needs a broad knowledge of a certain subject. To be added, I would cite a peer-reviewed publication while writing a lengthy research paper that academics and other researchers would read. Apart from their use in an academic environment, peer-reviewed papers are also more effective if a scenario occurs in which I need to reference particular figures or facts since the articles are comprehensive and trustworthy in this regard. To that aim, even outside a psychological framework, familiarity with the consequences of each article type will help me prepare for future academic tasks.



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