

Neuropsychiatry (BRIAN) is a semistructured scale divided into 4 domains (sleep, activities, social rhythm, and eating pattern) and is able to discriminate between euthymic bipolar subjects and healthy controls in all 4 domains.<sup>2</sup> In addition, the BRIAN scale showed an excellent test-retest agreement (0.98), was highly correlated with the Pittsburgh Sleep Quality Index (PSQI) scores ( $r=0.77$ ;  $P<.001$ ), and was an independent predictor of functioning in euthymic bipolar patients ( $\beta=14.3$ ;  $P<.001$ ).<sup>2,3</sup>

Disturbances in sleep pattern have been considered the strongest predictors of manic relapse in bipolar disorder.<sup>4</sup> Considering the cumulative body of research showing the negative impact of sleep disturbance in declarative memory<sup>5</sup> and in biological markers of allostatic load,<sup>6</sup> the use of objective measures of circadian rhythm can help to improve the understanding of the crosslink between abnormalities in sleep and circadian rhythm, cognitive impairment, inflammation, and oxidative stress<sup>6,7</sup> and to assess the impact of pharmacologic and psychosocial interventions in the treatment of bipolar disorder. Ultimately, as suggested by Leboyer and Kupfer,<sup>1</sup> a reexamination of the traditional view of bipolar disorder from an episodic illness to a chronic, multisystemic disorder can impact health care policies and services and improve preventive strategies for this devastating illness.

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### Sleep and Circadian Rhythm Disturbances in Bipolar Disorder: An Urgent Need for Objective Assessment and Systematic Follow-Up

**To the Editor:** We read with great interest the recent article from Leboyer and Kupfer,<sup>1</sup> which proposes a new framework for bipolar disorder as a chronic and progressive multisystem disorder associated with significant emotional disturbance and cognitive impairment between episodes. That article also highlights as an unmet need the lack of systematic follow-up in some of the core dimensions of bipolar disorder such as sleep and circadian rhythm.<sup>1</sup> In this regard, we have recently developed and validated an instrument to assess biological rhythm in individuals with bipolar disorder.<sup>2</sup> The Biological Rhythms Interview of Assessment in