

THE NORTHWEST WELLBEING HUB



HYPERBARIC OXYGEN THERAPY POST-TRAUMATIC STRESS DISORDER

KEY POINTS

- Reduced anxiety and hyperarousal
- Enhanced cognitive function
- Neuroplasticity and neuronal regeneration
- Alleviation of sleep disturbances
- Reduction of depressive symptoms

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POST-TRAUMATIC STRESS DISORDER

Hyperbaric Oxygen Therapy (HBOT) has shown potential benefits for individuals with post-traumatic stress disorder (PTSD).

1. **Reduced anxiety and hyperarousal:** HBOT has been shown to have an anxiolytic effect, helping to reduce anxiety symptoms commonly associated with PTSD. It can help regulate the autonomic nervous system, leading to a decrease in hyperarousal and the associated symptoms, such as hypervigilance and exaggerated startle response.
2. **Enhanced cognitive function:** PTSD can affect cognitive abilities, including memory, attention, and concentration. HBOT has the potential to improve cognitive function by increasing oxygen supply to the brain. By optimising brain oxygenation and supporting neuronal health, HBOT may contribute to better cognitive performance in individuals with PTSD.
3. **Neuroplasticity and neuronal regeneration:** PTSD can lead to changes in the brain, including alterations in neural connections and neuronal damage. HBOT has been proposed to enhance neuroplasticity, the brain's ability to reorganise and form new neural pathways. It may also promote neuronal regeneration, potentially reversing some of the structural and functional changes associated with PTSD.
4. **Alleviation of sleep disturbances:** Sleep disturbances are prevalent in individuals with PTSD. HBOT has shown potential in improving sleep quality by reducing insomnia symptoms and increasing total sleep time. By promoting relaxation and providing a more restful sleep, HBOT may help alleviate sleep disturbances in individuals with PTSD.
5. **Reduction of depressive symptoms:** Depression commonly co-occurs with PTSD. HBOT has been suggested to have antidepressant effects, potentially reducing depressive symptoms in individuals with comorbid PTSD and depression. By improving brain function, reducing inflammation, and promoting a sense of well-being, HBOT may contribute to the improvement of depressive symptoms.



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