

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.² 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 ($\beta=14.3$; $P<.001$).^{2,3}

Disturbances in sleep pattern have been considered the strongest predictors of manic relapse in bipolar disorder.⁴ Considering the cumulative body of research showing the negative impact of sleep disturbance in declarative memory⁵ and in biological markers of allostatic load,⁶ 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^{6,7} and to assess the impact of pharmacologic and psychosocial interventions in the treatment of bipolar disorder. Ultimately, as suggested by Leboyer and Kupfer,¹ 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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Flavio Kapczinski, MD, PhD
Benicio N. Frey, MD, PhD
Eduard Vieta, MD, PhD
evieta@clinic.ub.es

Dr Leboyer was shown this letter and declined to comment.

Author affiliations: Bipolar Disorders Program & INCT for Translational Medicine, Hospital de Clínicas de Porto Alegre, Universidade Federal do Rio Grande do Sul, Porto Alegre, Brazil (Dr Kapczinski); Mood Disorders Program and Women's Health Concerns Clinic, Department of Psychiatry and Behavioural Neurosciences, McMaster University, Hamilton, Ontario, Canada (Dr Frey); and Bipolar Disorders Program, Institute of Neuroscience, Hospital Clinic, University of Barcelona, IDIBAPS, CIBERSAM, Catalonia, Spain (Dr Vieta). **Potential conflicts of interest:** None reported.

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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,¹ 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.¹ In this regard, we have recently developed and validated an instrument to assess biological rhythm in individuals with bipolar disorder.² The Biological Rhythms Interview of Assessment in