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## LIST OF ABBREVIATIONS

<b>5HT</b>	5-Hydroxy Tryptamine
<b>AAP</b>	The American Academy of pediatrics
<b>ABG</b>	Arterial Blood Gases
<b>ACP</b>	American College of Physicians
<b>ACTH</b>	Adreno-Cortico-trophic hormone
<b>APA</b>	American Psychiatric Association
<b>BDI</b>	Beck Depression Inventory
<b>BLT</b>	Bright Light Therapy
<b>BMI</b>	Body Mass Index
<b>BUN</b>	Blood urea Nitrogen
<b>CBC</b>	Complete Blood Count
<b>CBT</b>	Cognitive behavioral therapy
<b>CES-D</b>	Center For Epidemiological Studies- Depression Scale
<b>CNS</b>	Central Nervous System
<b>CO- MED</b>	Combing Medications to Enhance Depression Outcomes
<b>CRF</b>	Corticotropin releasing factor
<b>CRH</b>	Corticotropin releasing Hormone
<b>CSF</b>	Cerebro-spinal fluid
<b>CT min</b>	Core body Temperature minimum
<b>DA</b>	Dopamine
<b>DBS</b>	Deep brain stimulation
<b>DSM-IV-TR</b>	Diagnostic and statistical manual of Mental Disorders, fourth edition, text revision
<b>DSM-V</b>	Diagnostic and statistical Manual of mental Disorders, Fifth edition
<b>DST</b>	Dexamethasone suppression test
<b>ECT</b>	Electroconvulsive therapy
<b>ED</b>	Eating disorders
<b>FDA</b>	Food and Drug Administration
<b>GABA</b>	8- Amino butyric acid
<b>GDS</b>	Geriatric Depression Scale
<b>HbA1c</b>	Glycosylated Haemoglobin
<b>HDRS</b>	Hamilton Depression Rating Scale
<b>HIV</b>	Human Immuno-deficiency virus
<b>HPA</b>	Hypothalamic-Pituitary-Adrenal

<b>ICSD</b>	International classification of sleep disorders
<b>LFTs</b>	Liver Function Tests
<b>MAOIs</b>	Monoamine Oxidase Inhibitors
<b>MDD</b>	Major depressive disorder
<b>MRI</b>	Magnetic Resonance Imaging
<b>mRNA</b>	Messenger ribonucleic Acid
<b>NE</b>	Norepinephrine
<b>NEDQ</b>	Night Eating Diagnostic Questionnaire
<b>NEQ</b>	Night Eating Questionnaire
<b>NES</b>	Night Eating Syndrome
<b>NESHI</b>	Night Eating syndrome History and Inventory
<b>NESQ</b>	Night Eating syndrome Questionnaire
<b>NOS</b>	Not otherwise Specified
<b>OSA</b>	Obstructive sleep apnea
<b>PET</b>	Positron Emission Tomography
<b>PHQ-9</b>	Patient health questionnaire-9
<b>PLMD</b>	Periodic leg movement disorder
<b>PTSD</b>	Post-traumatic stress disorder
<b>REM</b>	Rapid eye movement
<b>RLS</b>	Restless leg syndrome
<b>RPR</b>	Rapid Plasma Reagin
<b>SERT</b>	Serotonin Transporter
<b>SNRIs</b>	Selective Serotonin – Norepinephrine Reuptake Inhibitors
<b>SPECT</b>	Single – Photon Emission Computed Tomography
<b>SRED</b>	Sleep-related Eating Disorder
<b>SSRIs</b>	Selective Serotonin Reuptake Inhibitors
<b>TCAs</b>	Tricyclic Antidepressants
<b>TMS</b>	Trans-cranial Magnetic Stimulation
<b>TSH</b>	Thyroid – Stimulating Hormone
<b>UV</b>	Ultraviolet
<b>VNS</b>	Vagus Nerve Stimulation
<b>WALI</b>	Weight and lifestyle Inventory
<b>WHO</b>	World Health organization