

Sleep disorders in epileptic patients

Abbas, Azza.

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The study was carried out on 60 adult epileptic patients and 40 normal volunteers as a control group. Patient groups were diagnosed on clinical and EEG basis as generalized and partial epilepsy. Both patients and control groups were subjected to two types of questionnaires to assess sleep disorders : The 1st one is the Epworth sleepiness scale (ESS) and the 2nd one is the Sleep Disorder Questionnaire (version 2.2) that includes four scales measuring the cardinal symptoms of sleep disorders [sleep apnea scale (SA), narcolepsy scale (NAR), periodic limb movement scale (PLM) and psychiatric sleep disorder scale (PSY)]. The results showed that, epileptic patients whether generalized or partial types had significant more sleep disorders as detected by the PSY scale, ESS scale and SA scale. Another statistically significant sleep disorders in favor of female epileptics was depicted in the PSY scale and SA scale. The outcome measure is the percentage of subjects with scores exceeding the cut-off points of each sleep disorder scale in different groups.