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ASSESSMENT OF DAYTIME SLEEPINESS IN PATIENTS WITH EPILEPTIC SEIZURES DURING SLEEP

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Abstract

Introduction: There is currently a complex relationship between sleep and epilepsy. It is known that sleep disturbance can provoke epileptic seizures and at the same time, epilepsy itself can have a variety of effects on the structure of sleep. Among patients with epilepsy, one of the main complaints can be sleep disturbance and daytime sleepiness, which, in turn, can significantly affect the patient's ability to work and quality of life.

Research objectives: In this regard, the purpose of our study was to study the severity of daytime sleepiness in patients with epilepsy.

Materials and research methods: We examined 30 patients with epilepsy. Daytime sleepiness was assessed using the Epworth scale. The mean age of the patients was 26.6 ± 1.3 years.

Research results: In the patients examined by us, 16 had only nocturnal epileptic seizures, and in 14 individuals seizures occurred regardless of the time of day. In 83.4% of cases there were focal, and in 16.6% generalized epileptic seizures. Of the 16 patients with nocturnal seizures on the electroencephalogram, the epileptic focus was recorded in 11 cases in the frontal lobe, in 3 cases in the temporal lobe.

A study of patients on the Epworth scale showed that increased daytime sleepiness was observed in 22 examined patients, while 8 disorders were not detected. Comparative analysis of indicators of daytime sleepiness depending on the type of epileptic seizures revealed higher rates in patients with focal epileptic seizures compared to generalized ones (10.6 and 8.7 points, respectively). In the group of patients with nocturnal epileptic seizures, the daytime sleepiness score was 11.4 points, while in the comparative group it was 7.9 points. In addition, the amount of antiepileptic drugs used also influenced the severity of daytime sleepiness. Thus, patients who took two or more drugs had higher rates of daytime sleepiness than patients with monotherapy (11.2 and 9.7 points, respectively).

Conclusion: Thus, the study shows that the severity and degree of violation of daytime sleepiness depends on the type of epileptic seizures, the ratio of epileptic seizures to the sleep-wake cycle. The widespread occurrence of excessive daytime sleepiness in patients with epilepsy indicates the importance of this problem. Therefore, timely elimination of the causes of this problem, correction of drug therapy and, accordingly, control of seizures can significantly reduce the severity of daytime sleepiness and, as a result, improve the quality of life of patients.