ABSTRACT E-BOOK

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Polysomnographic study: characteristics of sleep disturbances in patients with Parkinson's disease

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Background: The study was about improving the diagnosis of sleep breathing disorders, sleep structure disorders, and nocturnal motor activity by analyzing polysomnography in Parkinson's disease.

Methods: Clinical and anamnestic, polysomnography. The material for the study is the data of 93 patients diagnosed with Parkinson's disease, who were admitted for treatment or examination to the neurological department of the Neurology Department of the Tashkent Medical Academy in the period from 2018-2021.

Results: PD is characterized by a predominance of episodes of obstructive and central sleep apnea. Characteristics of motor activity in PD at night is an increase in the Maximum Permissible Concentration (MPC) index in all phases and stages of sleep, as well as the fact that in patients with PD, the most intense episodes of MPC periods of HFS are periods of night wakefulness 82.00 [26.00; 94.00] and period S1/S2 of non-REM sleep stages 43.00 [12.00;58.00]. The median values of the MPC index for HFS in PD correspond to the level of a mild form of RLS 10.5 [4.00;23.5].

It should be especially noted that the complaints of patients with Restless Leg Syndrome (RLS) in PD correspond to the clinical picture of this syndrome, but differ in the polysomnographic pattern. According to the observations obtained, in patients with PD, episodes of MPC are observed throughout the night, and episodes of MPC in patients with PD are observed during the period of nocturnal wakefulness, during the REM phase, during the S1/S2 and S3/S4 stages of non-REM sleep.

Conclusions: Polysomnography is necessary for patients with PD to detect early stages of sleep disorders and SDS and should be included in the algorithm for the diagnostic follow-up of this category of patients in order to select the subsequent therapeutic tactics for managing the patient.