

Original article

Approaches to staging sleep in polysomnographic studies with epileptic activity

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Received 21 August 2002; received in revised form 8 November 2002; accepted 11 November 2002

Abstract

Background: The Standardized Sleep Manual of Rechtschaffen and Kales is well established and reliable in scoring the majority of polysomnograms (PSGs) encountered in clinical practice. In patients with epilepsy, however, abnormal brain activity may confound the interpretation of sleep waveforms. Our goal is to identify features that are problematic in analyzing sleep stages in patients with epilepsy and to offer approaches to score these PSGs.

Methods: Ninety-eight PSGs from 43 patients with epilepsy were scored using Rechtschaffen and Kales guidelines. Features interfering with sleep staging were noted.

Results: In scoring polysomnograms (PSGs) of patients with epilepsy we noted epileptic seizures, interictal epileptiform discharges (IEDs) and abnormal EEG background to be features of epilepsy that compromised sleep scoring. Overall, 48% of the studies in our sample contained one or more of these epileptic features to the extent that sleep scoring by standard criteria was compromised. Approaches for staging sleep in the setting of these abnormalities are outlined.

Conclusions: The Rechtschaffen and Kales method of sleep scoring is useful in staging the majority of PSGs of patients with epilepsy. However, we advocate some modifications because the abnormal electrical activity of epilepsy may interfere with accurate scoring of sleep waveforms. These approaches to scoring PSGs of patients with epilepsy will require empirical testing.

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Keywords: Sleep scoring; Rechtschaffen and Kales; Epilepsy; Seizure; Interictal epileptiform discharge

1. Introduction

A relationship between sleep and epileptic activity has been noted and appreciated by scientists for centuries. Hippocrates and Aristotle made observations that seizures are associated with sleep or sleepiness in some patients [1,2]. Yet, over 2000 years later, scientists are still exploring interrelationships between epileptic seizures, sleep, and electroencephalographic (EEG) measures of brain activity. Polysomnography (PSGs) has been widely used to investigate this interrelationship [3–6].

Especially when combined with multiple EEG channels, PSGs are also a useful clinical diagnostic tool for physicians

in their treatment of patients with epilepsy. These studies may distinguish seizures from other sleep-related events, such as arousal disorders, and may diagnose sleep disorders co-existing with epilepsy. Other areas of research in epilepsy concern the influence of sleep state, circadian rhythms, and brain activity during individual stages of sleep on seizure initiation [7].

Increased study of sleep EEGs in patients with epilepsy has been facilitated by the progression from paper to digital recordings. Parameters that were ‘fixed’ on paper studies, such as the montage, filter settings, and paper speed can now be changed on the digital recording to customize analyses for both EEG and sleep. This technological advancement has resulted in the increased clinical and research use of sleep EEG and PSG studies. Despite these technical advances and the growing interest in the relation between sleep and epilepsy, there are no specific guidelines for staging sleep records where epilepsy is suspected or known

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Table of Contents Sleep 1976 Memory Environment Epilepsy Sleep Staging

1. Understanding the eBook Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - The Rise of Digital Reading Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Advantages of eBooks Over Traditional Books
2. Identifying Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Personalized Recommendations
 - Sleep 1976 Memory Environment Epilepsy Sleep Staging User Reviews and Ratings
 - Sleep 1976 Memory Environment Epilepsy Sleep Staging and Bestseller Lists
5. Accessing Sleep 1976 Memory Environment Epilepsy Sleep Staging Free and Paid eBooks
 - Sleep 1976 Memory Environment Epilepsy Sleep Staging Public Domain eBooks
 - Sleep 1976 Memory Environment Epilepsy Sleep Staging eBook Subscription Services
 - Sleep 1976 Memory Environment Epilepsy Sleep Staging Budget-Friendly Options
6. Navigating Sleep 1976 Memory Environment Epilepsy Sleep Staging eBook Formats

- ePub, PDF, MOBI, and More
- Sleep 1976 Memory Environment Epilepsy Sleep Staging Compatibility with Devices
- Sleep 1976 Memory Environment Epilepsy Sleep Staging Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Highlighting and Note-Taking Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Interactive Elements Sleep 1976 Memory Environment Epilepsy Sleep Staging
- 8. Staying Engaged with Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sleep 1976 Memory Environment Epilepsy Sleep Staging
- 9. Balancing eBooks and Physical Books Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sleep 1976 Memory Environment Epilepsy Sleep Staging
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Setting Reading Goals Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Fact-Checking eBook Content of Sleep 1976 Memory Environment Epilepsy Sleep Staging
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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