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Author: Giuseppe Plazzi, Fabio Pizza, Stefano Vandi, Debora Aricò, Oliviero Bruni, Yves Dauvilliers, Raffaele Ferri

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Impact of acute administration of sodium oxybate on nocturnal sleep polysomnography and on multiple sleep latency test in narcolepsy with cataplexy

Giuseppe Plazzi^{a,b,*}, Fabio Pizza^{a,b}, Stefano Vandi^{a,b}, Debora Aricò^c, Oliviero Bruni^d, Yves Dauvilliers^e, Raffaele Ferri^c

^a*Department of Biomedical and Neuromotor Sciences, University of Bologna, Bologna, Italy*

^b*IRCCS Istituto delle Scienze Neurologiche, Bologna, Italy*

^c*Sleep Research Centre, Department of Neurology I.C., Oasi Institute IRCCS, Troina, Italy*

^d*Department of Social and Developmental Psychology, Faculty of Medicine and Psychology, Sapienza University, Rome, Italy*

^e*Department of Neurology, Hôpital Gui de Chauliac, CHU Montpellier, National Reference Network for Narcolepsy, Inserm U1061, France*

*Corresponding author. Address: Department of Neurological Sciences, Via Ugo Foscolo 7, 40123 Bologna, Italy. Tel.: +39 051 2092926-50; fax: +39 0512092963.

E-mail address: giuseppe.plazzi@unibo.it (G. Plazzi).

ABSTRACT

Objective: To analyze the acute effects of sodium oxybate (SO) on polysomnographic night-time (PSG) and multiple sleep latency test (MSLT) of patients with narcolepsy with cataplexy (NC).

Methods: Sixteen NC adult patients were recruited, together with 16 normal controls. Two consecutive PSG followed by two MSLT sessions were carried out, before and during the first night of SO assumption, respectively.

Results: The administration of SO was followed by a significant decrease in number of stage shifts and awakenings, wakefulness after sleep onset, percentage of sleep stage 1. Sleep efficiency and slow wave sleep percentage increased. REM latency decreased significantly from 73 to 12 min. Cyclic alternating pattern (CAP) rate remained unchanged but the percentage of CAP A3 subtypes decreased. The number of CAP A3 subtypes per hour of NREM sleep decreased significantly, whereas that of A1 remained unchanged. The duration of A1 and A3 subtypes was slightly increased. Chin muscle tone was not modified by SO as well as periodic leg movements during sleep, but their periodicity index decreased, becoming similar to that of controls. MSLT sleep latency also significantly improved after SO intake.

Conclusions: The administration of SO in NC patients is followed by immediate important and complex effects on PSG parameters and MSLT, including an evident (over)increase in slow wave sleep, which does not display a physiological microstructure, a moderate decrease

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