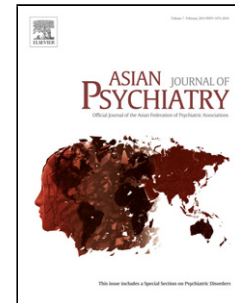


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Title Page

Title: Sleep architecture and EEG power spectra in recently detoxified alcohol dependent patients

Running title: Sleep in detoxified alcohol dependence patients

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Highlights

- Compares polysomnography data between 'recently detoxified' chronic alcohol dependence patients and healthy controls.
- Both conventional sleep architectural and power spectral analyses were conducted.
- Patients showed significantly disturbed sleep architecture.
- Aberrant high frequency spectral power during REM sleep.

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Sleep architecture and EEG power spectra in recently detoxified alcohol dependent patients

Abstract

Objectives: Persistent sleep abnormalities during abstinence are a harbinger for relapse in patients with chronic alcohol dependence. The present study aimed to compare polysomnography (PSG) data between 'recently detoxified' patients with chronic alcohol dependence and healthy controls.

Methods: Both conventional sleep architectural and power spectral analyses were conducted. Twenty subjects in each of the groups were enrolled. A 2 nights' sleep (first-habitation and second-experimental) PSG data was collected. Computer assisted scoring supplemented by manual method using the Rechtschaffen and Kales criteria were used for sleep staging. 28 channels were used for the

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