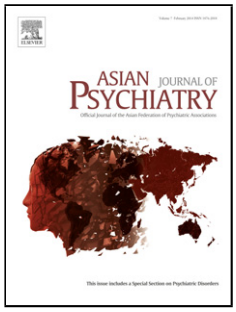

Title: Sleep architecture and EEG power spectra in recently detoxified alcohol dependent patients

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PII: S1876-2018(16)30577-9
DOI: https://doi.org/10.1016/j.ajp.2017.12.005
Reference: AJP 1312

To appear in:

Received date: 1-12-2016
Revised date: 10-11-2017
Accepted date: 3-12-2017

Please cite this article as: Singh, Lokesh Kumar, Nizamie, S Haque, Tikka, Sai Krishna, Sleep architecture and EEG power spectra in recently detoxified alcohol dependent patients.Asian Journal of Psychiatry https://doi.org/10.1016/j.ajp.2017.12.005

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.

Number of Words- 211 (

Abstract) and 3668 (Text)

Number of Tables- 4

Number of Figures- 5

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-habituation 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