

Accepted Manuscript

Title: Co-morbid Sleep Disorders and Epilepsy: A Narrative Review and Case Examples

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PII: S0920-1211(18)30231-6
DOI: <https://doi.org/10.1016/j.eplepsyres.2018.07.005>
Reference: EPIRES 5987

To appear in: *Epilepsy Research*

Received date: 7-5-2018
Revised date: 8-7-2018
Accepted date: 14-7-2018

Please cite this article as: Latreille V, St. Louis EK, Pavlova M, Co-morbid Sleep Disorders and Epilepsy: A Narrative Review and Case Examples, *Epilepsy Research* (2018), <https://doi.org/10.1016/j.eplepsyres.2018.07.005>

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Co-morbid Sleep Disorders and Epilepsy: A Narrative Review and Case Examples

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An Invited Review for Epilepsy Research

Presented in part at the 70th Annual Meeting of the American Epilepsy Society, Houston, Texas, December, 2016

Word Count: Abstract 104, manuscript 8829, references 100, 4 Figures

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Highlights

- Sleep disorders occur frequently in people with epilepsy.
- Poor sleep quality or insufficient sleep may increase seizure burden in epilepsy.
- There is a high frequency of obstructive sleep apnea in adult epilepsy.
- Restless leg syndrome is frequent but variable in epilepsy patient cohorts.
- There is overlap between REM sleep behavior disorder and focal epilepsy

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