

Sleep Disturbances in LBD



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DISCLOSURES

I wish to disclose the following potential conflicts of interest:

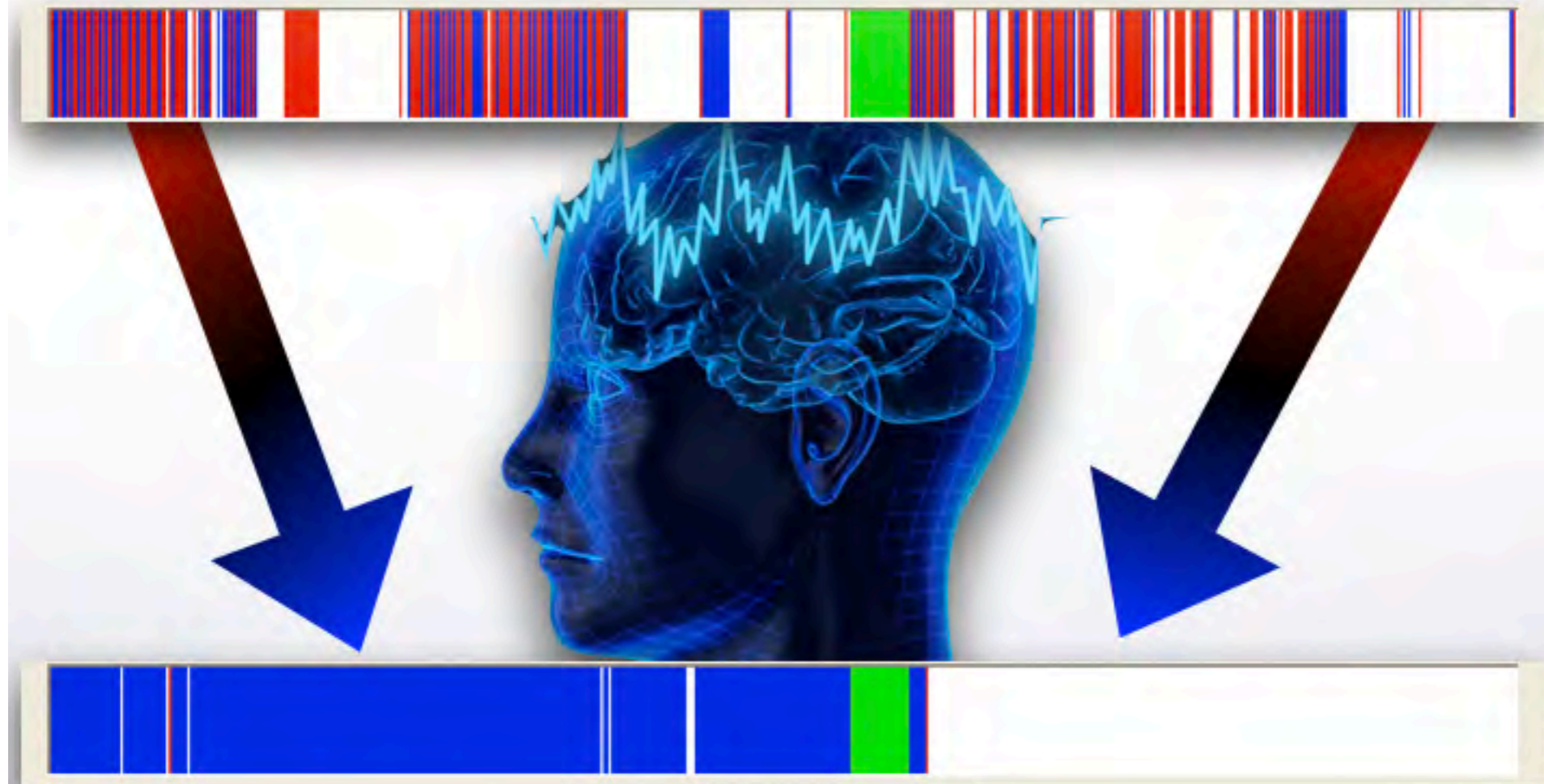
Type of Potential Conflict	Details of Potential Conflict
Consultant	
Speakers' Bureaus	Arbor, Pernix
Other (Honorarium received for educational services and sleep educational textbooks).	Elsevier, LWW, UpToDate, AAN, AASM, CHEST, ACCP, ATS

This talk presents material that is related to one or more of these potential conflicts, and the following objective references are provided as support for this lecture:

Foldvary-Schaefer N, Alsheikhtaha Z: Complex nocturnal behaviors: Nocturnal seizures and parasomnias. Continuum 2013;19:104-131.

Aurora RN, Zak RS, Maganti RK, Auerbach SH, Casey KR, Chowdhuri S, Karippot A, Ramar K, Kristo DA, Morgenthaler TI, Standards of Practice C, American Academy of Sleep M: Best practice guide for the treatment of rem sleep behavior disorder (rbd). J Clin Sleep Med 2010;6:85-95.

Sleep is Restorative



Sleep is Rejuvenative

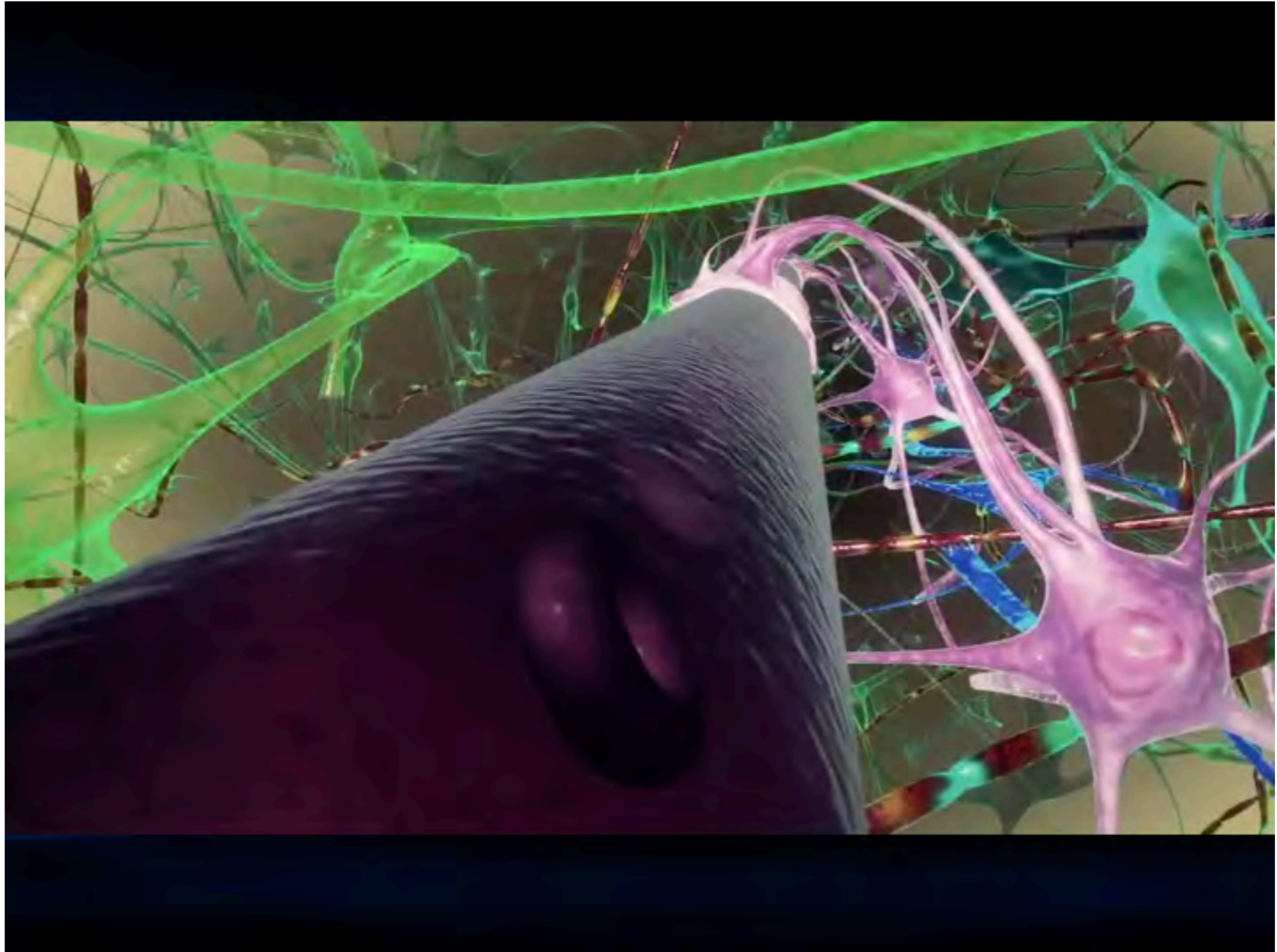
Brain's Glymphatic System is most active during sleep



The Brain 'takes out the trash' While We Sleep

The Brain 'takes out the trash' While We Sleep





FACT

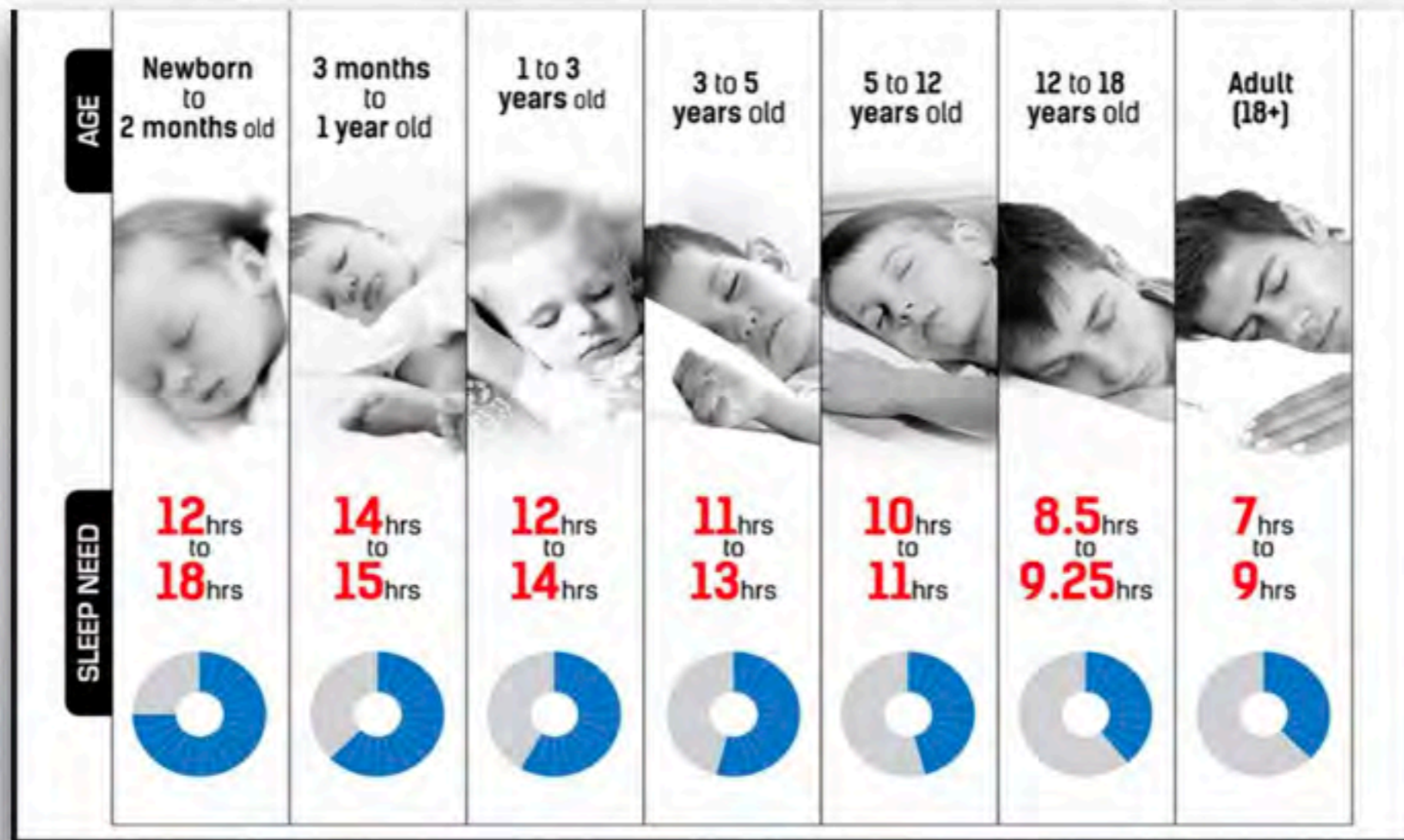
MYTH



**Adults Can Get by on 4
hours of Sleep**

SLEEP

Sleep Need by Age Group



Adults should sleep 7 or more hrs/night regularly to promote optimal health.

< 7 hrs/night on a regular basis:

Weight gain and obesity

Diabetes,

Hypertension

Heart disease

Stroke,

Depression,

↑ Risk of death.

< 7 hrs/night regularly:

↓ Immune function,

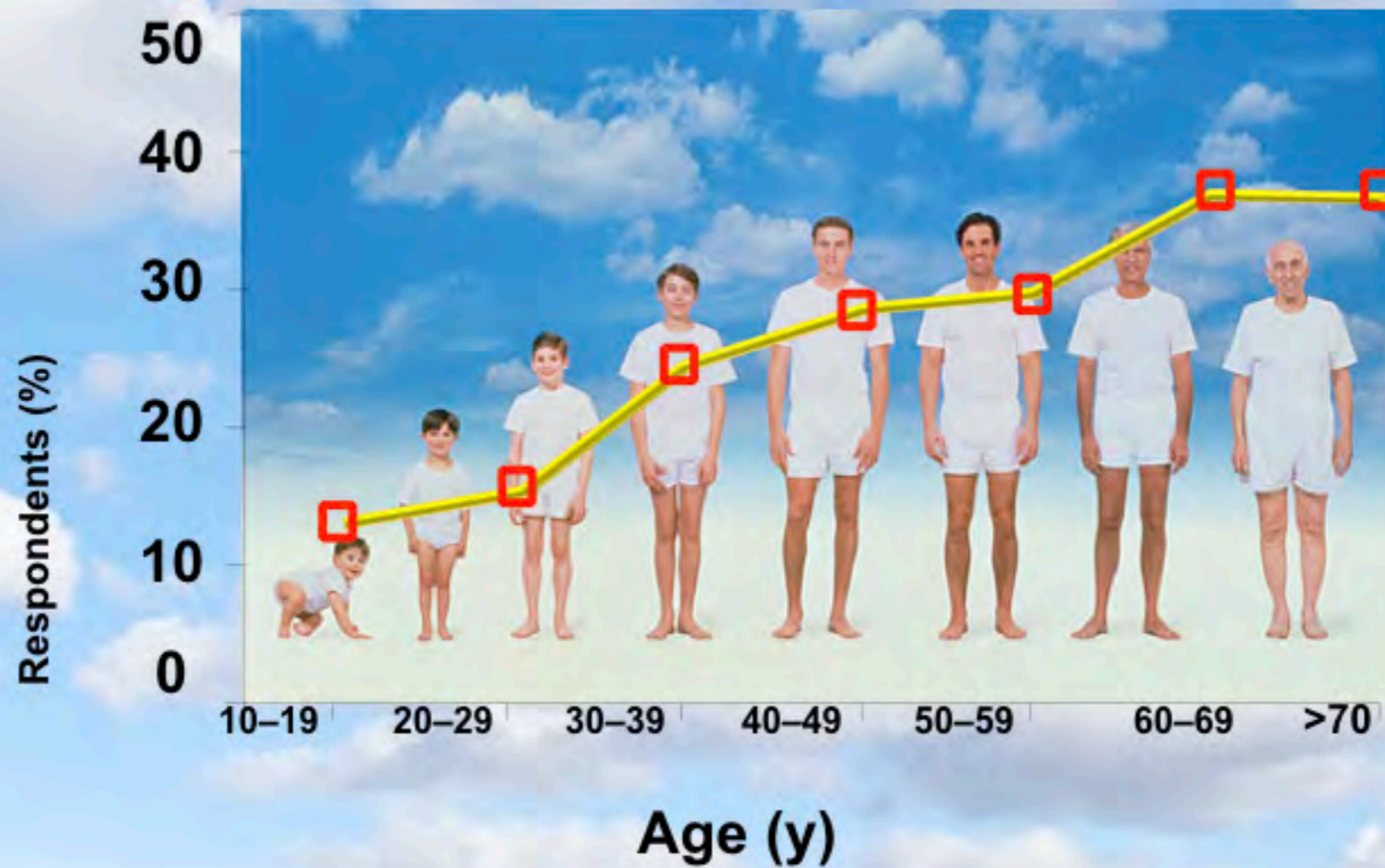
↑ Pain,

↓ Performance

↑ Errors,

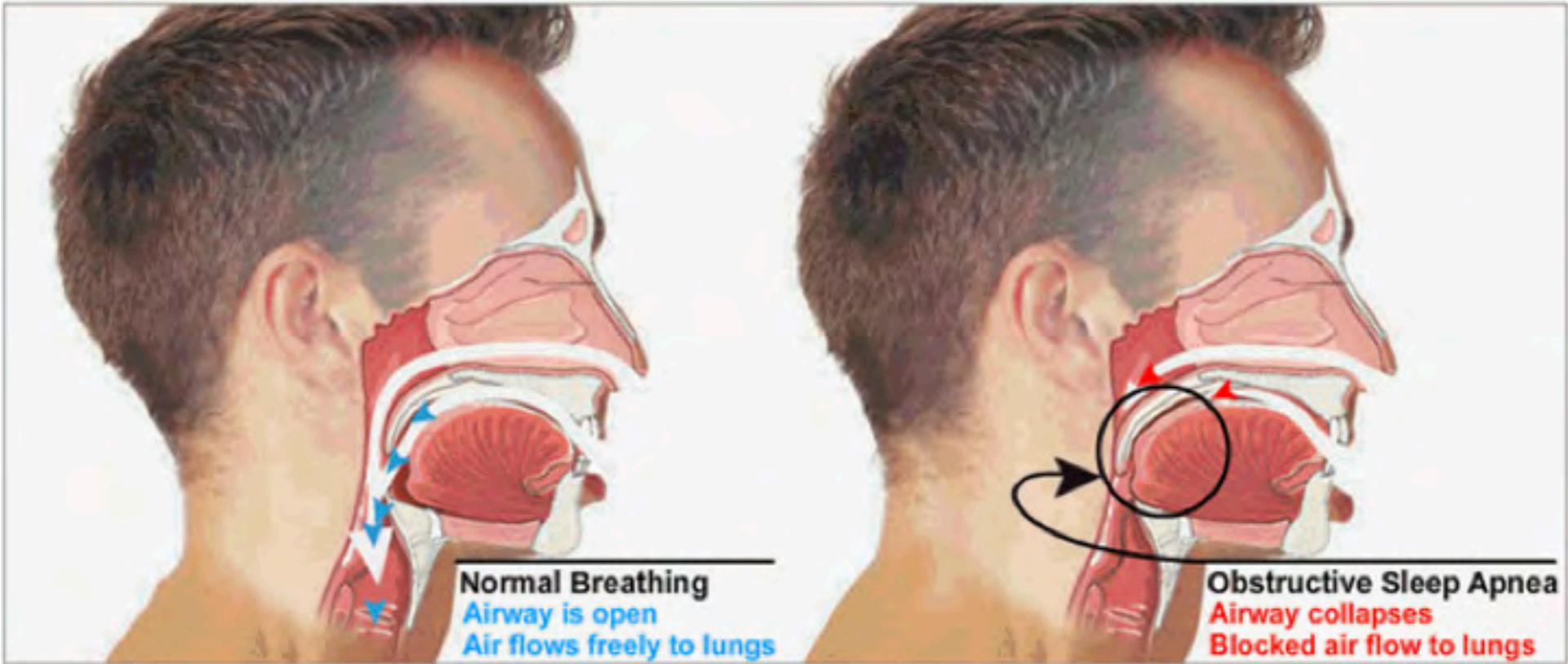
↑ Risk of accidents

Sleep Disturbances with Aging



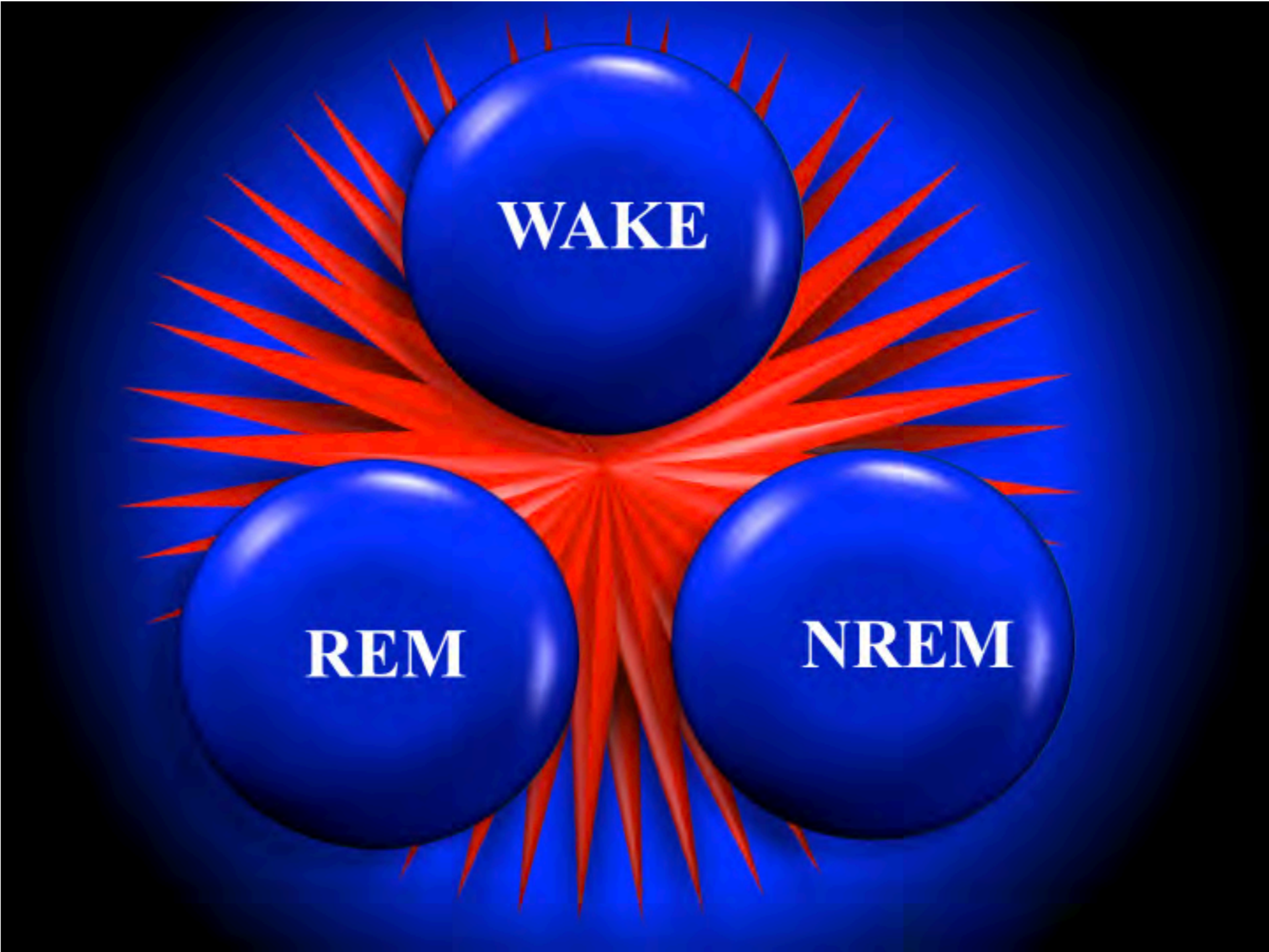
OBSTRUCTIVE SLEEP APNEA SYNDROME





Parasomnias: REM Sleep Behavior Disorder



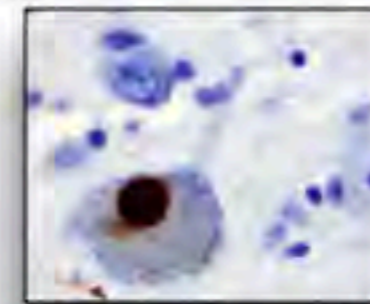


REM Sleep Behavior Disorder

RBD is a parasomnia consists of acting out of dreams during Rapid Eye Movement (REM) sleep.

It is most commonly associated with neurodegenerative disease, particularly α -Synucleinopathies:

- Parkinson's disease
- Dementia with Lewy Bodies
- Multiple System Atrophy



Alpha-Synuclein staining of a Lewy body in a patient with Parkinson's disease.

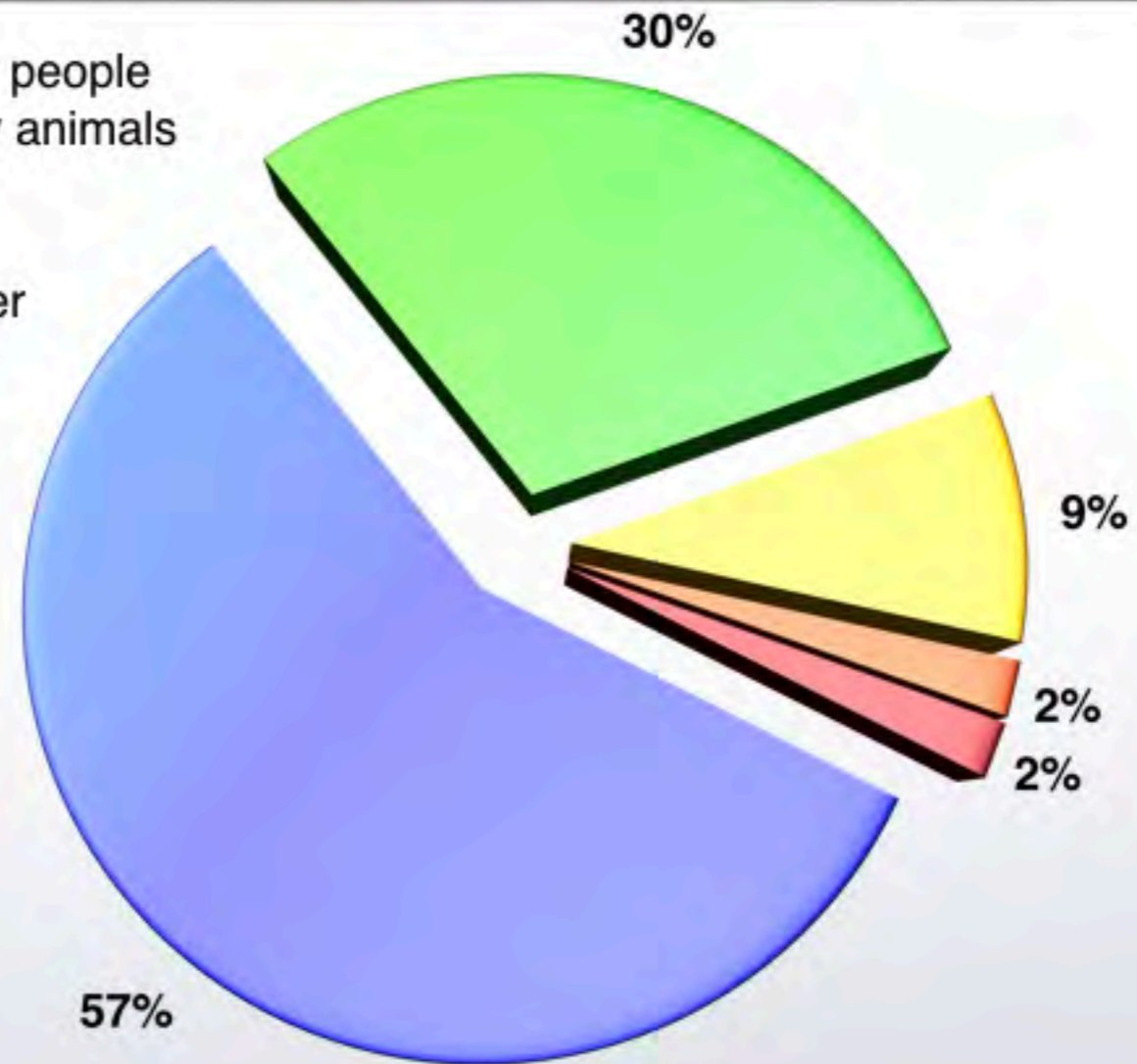
An iceberg floating in the ocean. The tip of the iceberg is visible above the water, while the much larger part of the iceberg is submerged below the surface. A yellow arrow points from the text 'REM SLEEP BEHAVIOR DISORDER' to the visible tip of the iceberg. In the bottom right corner, there is an inset image of several silver alarm clocks of various sizes and orientations, set against a blue sky with white clouds.

**REM SLEEP
BEHAVIOR DISORDER**

**NEURODEGENERATIVE
DISEASE**

Frequency of Reported Behaviors During RBD Dream

- Defense against attack by people
- Defense against attack by animals
- Adventure dreams
- Sports dreams
- Aggression by the dreamer



Olson, Brain, 2000.

RBD –Treatment

- ✓ **Modifying sleep environment: safety:**
 - Bedroom Safe
 - Remove hard/sharp objects
 - Sleep in padded mattress
 - Place mattress on floor
 - Cover windows with heavy curtain
 - Use pillow barricades

- ✓ **Until managed, sleep alone**

- ✓ **Sleep in sleeping bag until treated**
- ✓ **Clonazepam (0.25-0.5mg)**
- ✓ **Melatonin 5mg TR can go up to 15mg**





<http://bringinglighttorbd.blogspot.com/>

Los Angeles Man with RBD



SLEEP 2016

Restless Legs Syndrome



Insomnia



