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Evaluation of sleep in children with refractory epilepsy, how is it affected?

The sleep is a homeostatic state which is divided into 2 big stages, Rapid Eye Movement (REM) and Non REM, for subsequently divide the second one in N1, N2 and N3 stages depending on specific patterns found in the electroencephalogram (EEG), and each one of them has specific variables. Furthermore, there are some pathologies that could affect the sleep architecture in any of its variables, being epilepsy one of the most common that could affect the structure and architecture of the sleep. As we know, the brain activity varies depending on the sleep stage, as well as the interaction between neurotransmitters, but because of the altered brain activity due to the refractory epilepsy, the sleep variables could be affected. Nowadays there are some epileptic syndromes that affect directly during sleep time, but there are some others that could affect the patients' sleep. What our project aims to determine how is the sleep architecture affected when a patient has a refractory epilepsy not described as a sleep [epilepsy](#). In addition, there are very few studies made in patients with refractory epilepsy, both in general and in pediatric population (2 and 1 studies, respectively), reporting that there are important disturbances in some variables such as longer sleep latency, longer REM sleep latency, more arousals, increased total light sleep time (N1 and N2), and others. Therefore, our project will give us more information about the alterations found in sleep architecture in patients with this pathology.



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Biography

Dr. [Jesús Lagunas Garza](#) is a Mexican physician who earned his medical degree from [La Salle University](#) (Mexico), then completed his residency in Pediatrics at the National Institute of Pediatrics (Mexico City), afterwards specializing in [Pediatric Neurology](#) in the Mexico Children's Hospital Federico Gómez (Mexico City). Dr. Jesús has a Fellowship in Sleep Medicine in the Sleep Clinic of the National Autonomous University of Mexico (UNAM). He also has a Master in [Neurosciences](#) by University Cardenal Herrera (Spain). Currently he works at the Pediatric Sleep Clinic in Mexico at the Mexico Children's Hospital Federico Gómez.

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