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Narcolepsy

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Abstract

Narcolepsy is a neurological condition with a prevalence of up to 1 per 2,000 that is characterized by irresistible bouts of sleep. Associated features include the pathological manifestations of rapid-eye-movement (REM) sleep: cataplexy, sleep paralysis, hypnagogic hallucinations (1)

Introduction

Narcolepsy is a neurological sleep disorder that greatly affects the normal control of Wakefulness and sleep. Those people who suffer from this sleeping disorder may Experience daytime sleepiness and excessive intermittent which is the uncontrollable Experience of sleeping even during daytime. The only bad thing about this Neurological disorder is that a person can fall asleep at any given time and place, Narcolepsy is a serious neurological sleep disorder affecting 1 in 2,000 people – Including 200,000 Americans and 3 million people worldwide.

Discussion

1-Studies in International Symposium, June 10, 1988, UK have shown that the abnormal tendency for REM sleep manifests itself as a disruption of the diurnal sleep-wake cycle such that sleep occurs in many short and sometimes irresistible narcoleptics do not sleep the whole 24-h cycle of the day , than do normal, Excessive daytime sleepiness this is the main symptom of narcolepsy and is often the first symptom you get This sleepiness makes it difficult for you to stay awake during the day even though you are getting enough sleep at night. You may fall asleep at inappropriate times such as while talking to someone, driving a car, eating or at school or work. Some people say that they do not fall asleep during the day but they feel fatigued, weak, or tired.(2)

2- The Second International Symposium on Narcolepsy held in Palo Alto, California, in July of 1992 heralded the confirmation of the earlier studies by the Japanese group showing that there was a strong association between narcolepsy and the HLA-DR2

Loss of up to 95% of hypocretin-producing neurons in the lateral hypothalamus resulting in low CSF hcr1 levels (Type I narcolepsy, Narcolepsy is strongly associated with HLA DQB1) gene mutation is usually suggested as being needed for the autoimmune destruction of the hypocretin/orexin neurons. A combination of genetic and environmental factors could trigger immunological pathways through molecular mimicry or bystander activation, thereby leading to cell death of hypocretin-producing neurons(3)

3- New data reported by Lock et al. (1993) and Holloman (personal communication) Hallucinations and paralysis are caused by a disrupted boundary between dream sleep and wakefulness. Rather than gradually reaching REM sleep at the end of a sleep cycle, a person with narcolepsy can enter REM immediately. This means the dreaming and muscle paralysis of REM will occur directly from a waking these . Like sleepiness, these symptoms can sometimes be seen in those without narcolepsy, too

Conclusion

Is a long-term neurological disorder that involves a decreased ability to regulate sleep-wake cycles characterized by several symptoms, including, excessive daytime sleepiness (EDS) Narcolepsy has no cure, but drug therapies and lifestyle changes can often help improve symptoms(4)

References

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