



Simposio Internacional / *International Symposium:*

## Patología del Sueño: de la Neurobiología a las manifestaciones sistémicas

*Sleep disorders: from Neurobiology to Systemic Consequences*

Madrid, 18 y 19 de enero de 2018 / *January 18-19, 2018*

### ABSTRACT

#### El sueño, ¿una ventana hacia la neurodegeneración?

*Sleep, a window into neurodegeneration?*

A. Iranzo

Hospital Clinic, Univ. Barcelona

Neurodegenerative diseases are characterized by progressive neuronal loss and deposits of abnormal proteins in surviving cells resulting in neurological symptoms (e.g., dementia, parkinsonism, ataxia, ocular abnormalities). When the degenerative process affects the neurological structures that modulate sleep is when insomnia, excessive daytime sleepiness and REM sleep behavior disorder (RBD) and other sleep symptoms may appear.

In patients with Alzheimer disease, insomnia and circadian sleep-wake rhythm changes may occur. In Parkinson disease and in dementia with Lewy bodies sleep symptoms are common including insomnia, hypersomnia and RBD. Nocturnal stridor due to vocal cord palsy is a life threatening situation linked to sudden death during sleep in subjects with multiple system atrophy.

Idiopathic RBD is a condition that in most of the cases, if not all, precedes Parkinson disease and dementia with Lewy bodies indicating that neuroprotective interventions are needed to stop the neurodegenerative process before cognitive and motor abnormalities become noticeable.

The recent anti-IgLON5 disease is characterized by abnormal dream-enacting behaviors, nocturnal stridor, obstructive sleep apnea, abnormal and unique sleep structure, bulbar symptoms, gait abnormalities, tight HLA association and neuronal loss and tau deposits in the brainstem and hypothalamus.

\*Todos los derechos de propiedad intelectual son del autor. Queda prohibida la reproducción total o parcial de la obra sin autorización expresa del autor.

© FUNDACIÓN RAMÓN ARECES. Todos los derechos reservados.

*\*All intellectual property rights belong to the author. Total or partial reproduction of the work without express permission of the author is forbidden. © FUNDACIÓN RAMÓN ARECES. All rights reserved.*