

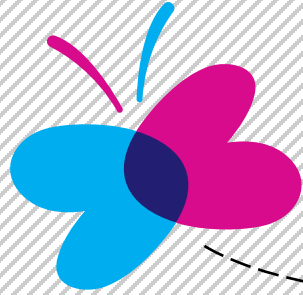
# “Pediatric Aero-Digestive Disorders in the New Century”

A Valley-Mount Sinai Kravis Children's Hospital educational symposium.



CHILDREN'S HEALTH





# **Disturbances of Sleep in Teenagers**

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Clinical Associate Professor of Pediatrics

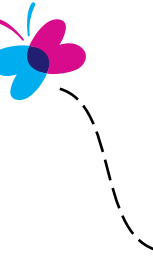
Director of Pediatric Sleep Medicine

# Faculty Disclosure

There are no commercial products or services being discussed

No financial disclosures

No unlabeled use of a product is being discussed

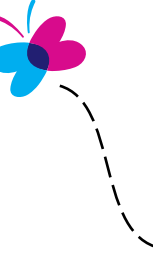


# Objectives



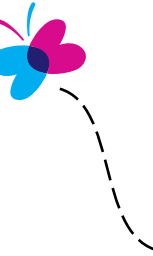
- 1) narcolepsy is not as uncommon as one might think (incidence of 1 per 2000 in the US)
- 2) symptoms of excessive sleepiness often date back to early childhood
- 3) cataplexy (muscle weakness occurring in association with strong emotion) can occur with any emotion and can be as subtle as tingles of electricity on the skin.
- 4) in addition to excessive sleepiness and cataplexy, the other hallmark features of narcolepsy include sleep paralysis and sleep-onset and sleep-offset hallucinations.
- 5) narcolepsy in teenagers can masquerade for years as anxiety, depression, ADHD and/ or bipolar disorder.

# Disturbed Nighttime Sleep

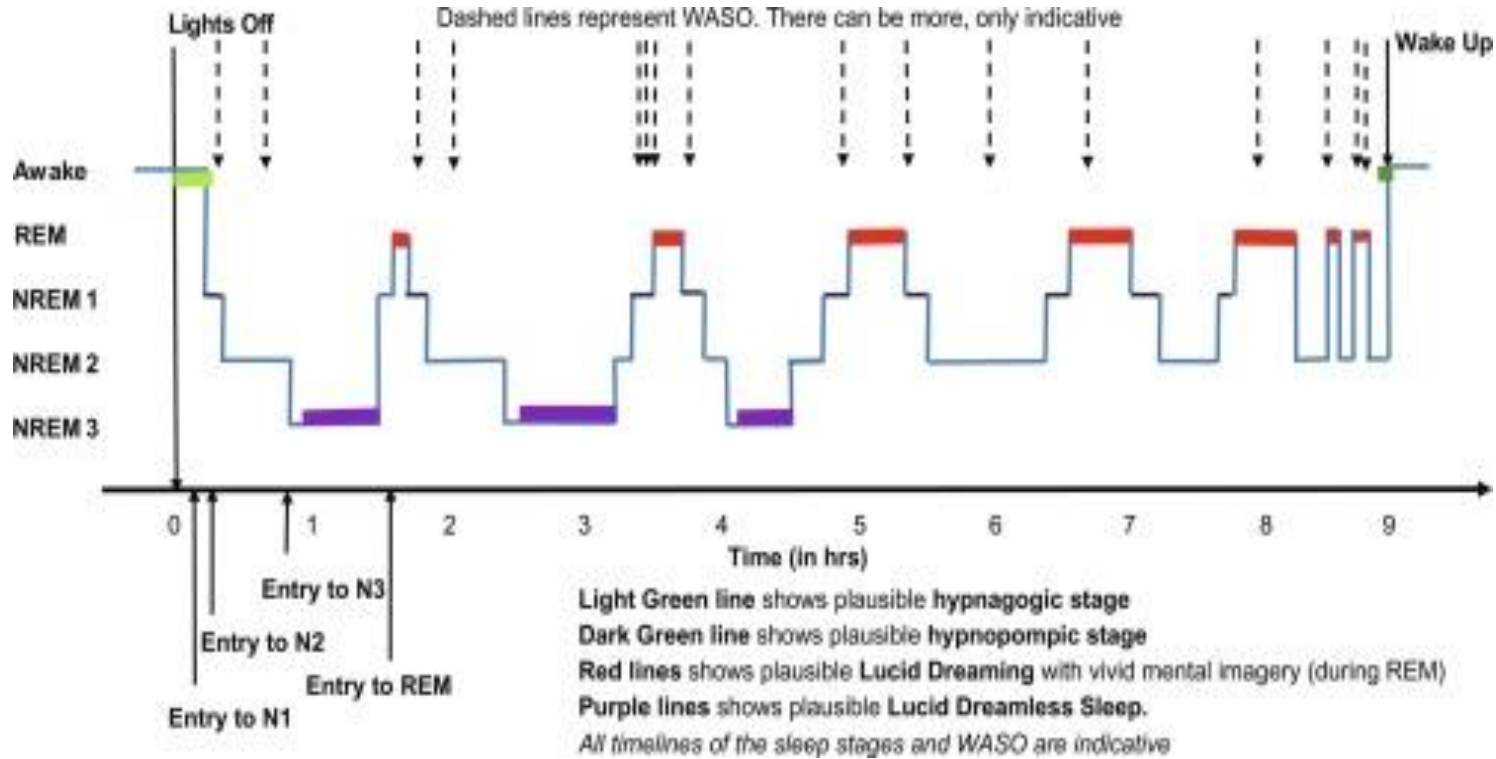


To this point, we've heard about:

- Cough
- GERD
- Dysphagia
- Swallowing



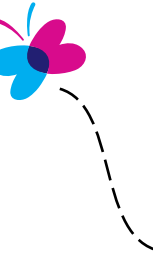
And if you looked at a sleep tracker the nighttime sleep might look like this:



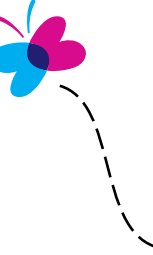
# Narcolepsy

## Incidence

- 1 per 2000
- Underestimate



# Etiology



## Autoimmune process

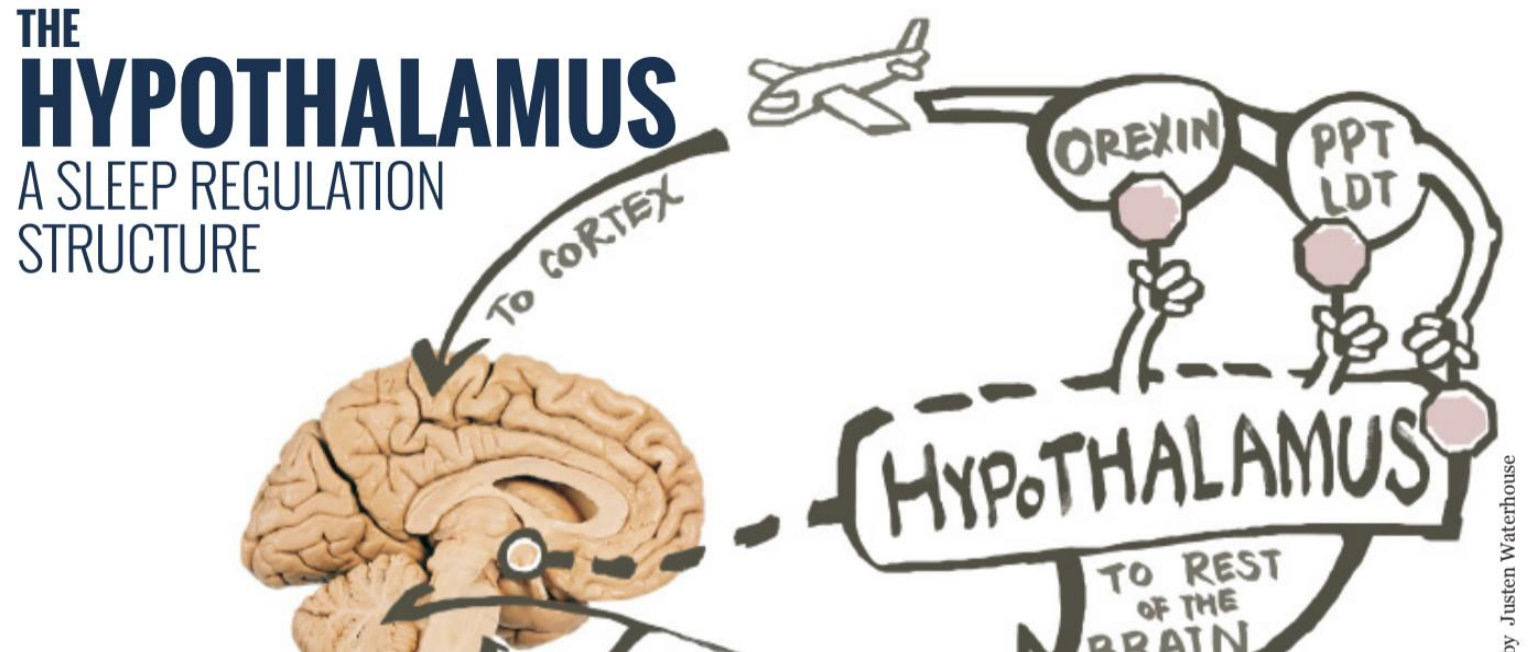
- HLA DQB1\*06:02
- 95% present in patients with narcolepsy type 1
- 20% present in worldwide population without narcolepsy



## Presumed Pathophysiology



# Loss of hypocretin /orexin producing cells in hypothalamus



# Clinical presentation

- Excessive daytime sleepiness
- Cataplexy
- Sleep paralysis
- Sleep-onset / sleep offset hallucinations
- Restless sleeping
- Brain fog



# Diagnosis

- Overnight sleep study
- Daytime MSLT (multiple sleep latency test)
- HLA markers + history
- Orexin level from spinal fluid



# Treatment

- Wakefulness promoting agents
  - Dopamine norepinephrine reuptake inhibitors
- Nighttime central nervous system depressants
  - Oxybate



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