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Diagnosis of sleep related autonomic disorders

AUTONOMIC NERVOUS SYSTEM TESTING AND
DIAGNOSIS FOR THE GENERAL NEUROLOGIST

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Disclosures

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Learning Objectives

- Apprehend the principal relations between sleep and ANS
- Learn how to approach the patient with a suspected sleep related autonomic disorder
- Understand the basics of ambulatory and lab testing of blood pressure and respiratory function during sleep.
- Learn the main causes of autonomic dysregulations during sleep.



Overview

- Sleep and the Autonomic Nervous System

- Approach to the patient

- Ambulatory testing
 - 24-h Ambulatory blood pressure (BP) monitoring
 - Focus on: dipping and non-dipping BP patterns
 - Home sleep apnea testing (HSAT)
 - Focus on: obstructive sleep apnea syndrome

- Lab testing
 - (Video)-Polysomnography
 - Focus on: Stridor in Multiple system Atrophy



Key Messages

- The diagnosis of sleep related autonomic disorders should be based on a stepwise approach.
- Accurate history and clinical sleep evaluation are mandatory.
- Orthostatic BP measurement and dedicated questionnaires can orientate to a correct diagnosis.
- 24h ambulatory blood pressure monitoring can detect non-dipping BP circadian patterns.
- Home sleep apnea testing can be sufficient to diagnose obstructive sleep apnea.
- In the suspect of more complex sleep-related breathing disorders or in presence of a neurodegenerative disease a lab-based complete (video)polysomnography is required.



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