

Narcolepsy

Narcolepsy is a rare [sleep disorder](#) characterized by excessive daytime sleepiness, sleep paralysis, and/or hypnagogic/hypnopompic hallucinations, and in some cases cataplexy.

People with narcolepsy experience excessive daytime sleepiness, comparable to how people who don't have narcolepsy feel after 24–48 hours of sleep deprivation, as well as disturbed nocturnal sleep which often is confused with insomnia. Those with narcolepsy generally experience the REM stage of sleep within 5 minutes of falling asleep, while people who don't have narcolepsy (unless they are significantly sleep deprived) do not experience REM until after a period of slow-wave sleep, which lasts for about the first hour or so of a sleep cycle. Another common symptom of narcolepsy is cataplexy, a sudden and transient episode of muscle weakness accompanied by full conscious awareness, typically (though not necessarily) triggered by emotions such as laughing, crying, terror, etc. affecting roughly 70% of people who have narcolepsy.

For neurosurgical procedures involving the hypothalamus or third and fourth ventricle, postoperative considerations should include monitoring for symptoms of narcolepsy. Future studies are needed to better define perioperative risks associated with anesthesia and surgery in this population of patients

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Hu S, Singh M, Wong J, Auckley D, Hershner S, Kakkar R, Thorpy MJ, Chung F. Anesthetic Management of Narcolepsy Patients During Surgery: A Systematic Review. *Anesth Analg*. 2018 Jan;126(1):233-246. doi: 10.1213/ANE.0000000000002228. PubMed PMID: 29257771.

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