



ACADEMIC EXAMINATIONS
AT THE FACULTY OF MEDICINE OF THE UNIVERSITY OF LISBON
ADVANCED EDUCATION INSTITUTE

Master: Sleep Sciences (3rd Edition)

Name of Student: Mafalda Sofia de Lemos Ferreira

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Panel:

President: Professor Óscar Dias (FMUL)

Supervisor: Professor Teresa Paiva (FMUL)

Voting Member: Professor João Winck (FMUP)



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ABSTRACT

Subjects with OSAS have a highly modified structure of sleep as a result of sleep related arousals. A number of studies have found discrepancies between the perception of sleep, in terms of latency and total sleep time, and objective polysomnographic data, both in normal subjects and others with sleep disorders. The present study, examined the hypothesis that subjects with OSAS have worse perception of sleep than healthy ones. Sixteen patients with OSAS and 10 normal adults underwent an overnight PSG. All were awakened after 1, 5 and 15 minutes of continuous sleep after lights-off and asked if they were sleeping. They completed a morning a questionnaire to evaluate the quality of sleep. An EEG spectral analysis of the three experimental periods of sleep was carried out. Differences in sleep perception were only found in the third period of sleep and they are not related to different frequencies in the spectrum. At sleep onset, OSA patients presented higher amount of delta activity when compared with normals. There was a trend towards a better understanding in individuals with a predominance of slow frequencies in the spectrum, regardless of the group they belonged and misperception correlates with persistence of alpha in OSAS and beta in normal controls.

Keywords: Sleep perception, Obstructive sleep apnea syndrome (OSAS), Polysomnography (PSG), Electroencephalogram (EEG), Spectral analysis.