

IMPORTANZA E RUOLO DEL SONNO

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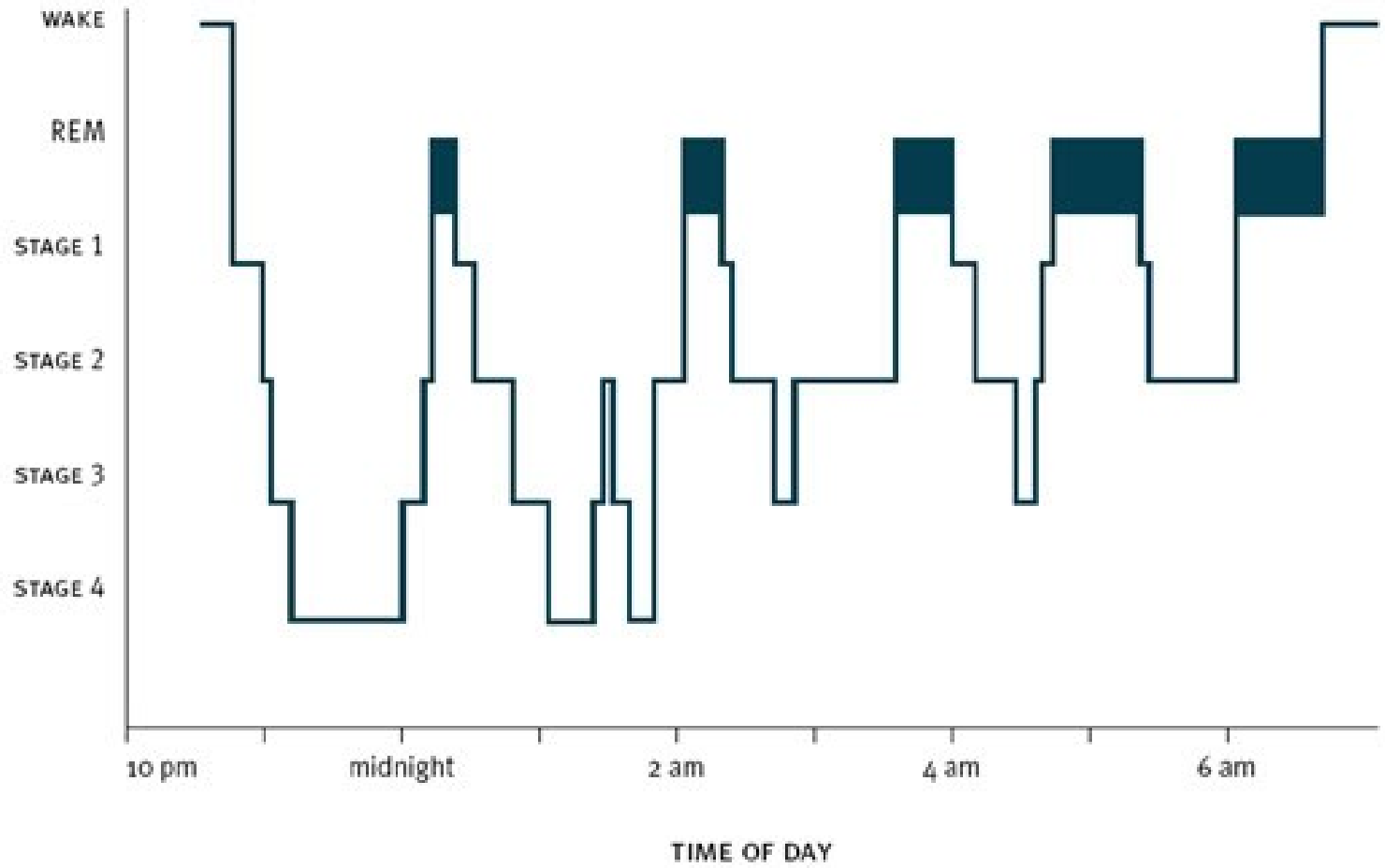


Pubmed

Sleep and health:

Oltre 86.000 pubblicazioni

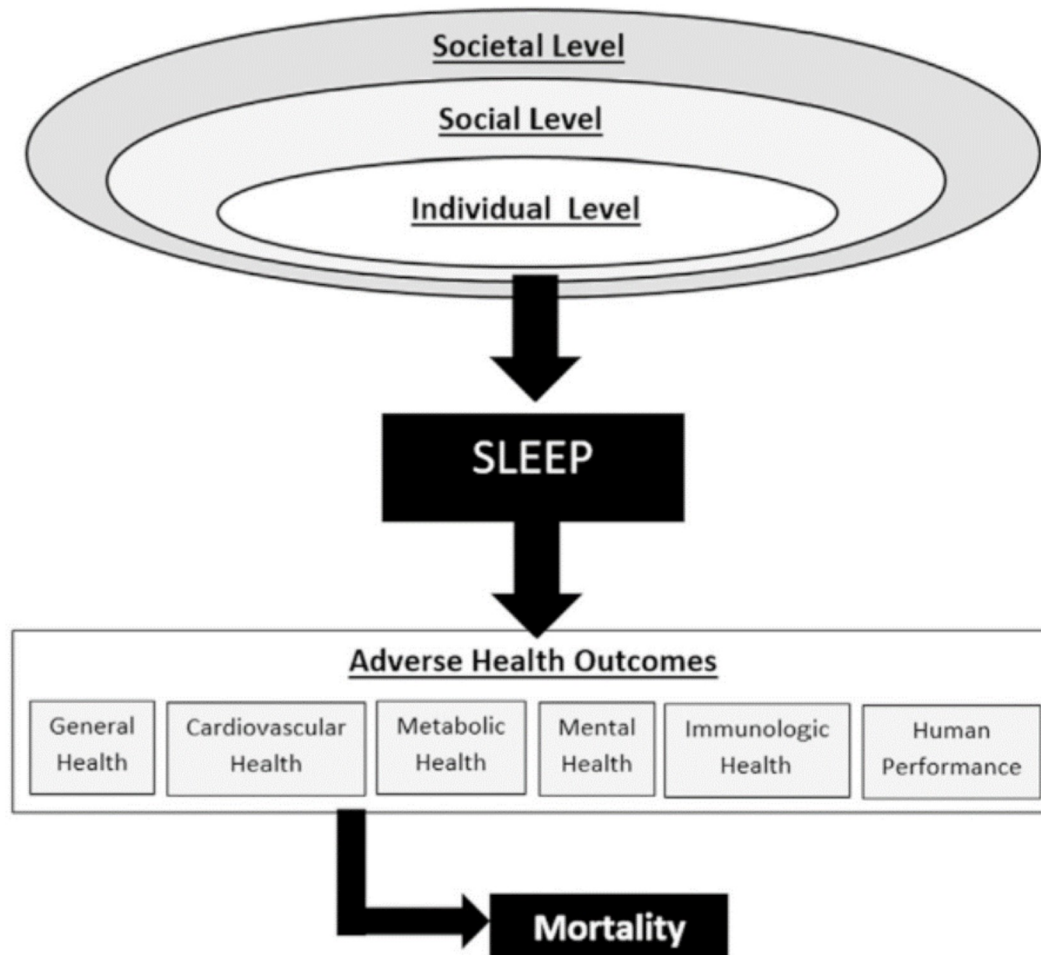
Hypnogram (young adult)



Sleep, Health, and Society

Michael A. Grandner, PhD, MTR, CBSM

Sleep Med Clin. 2017 March ; 12(1): 1–22.

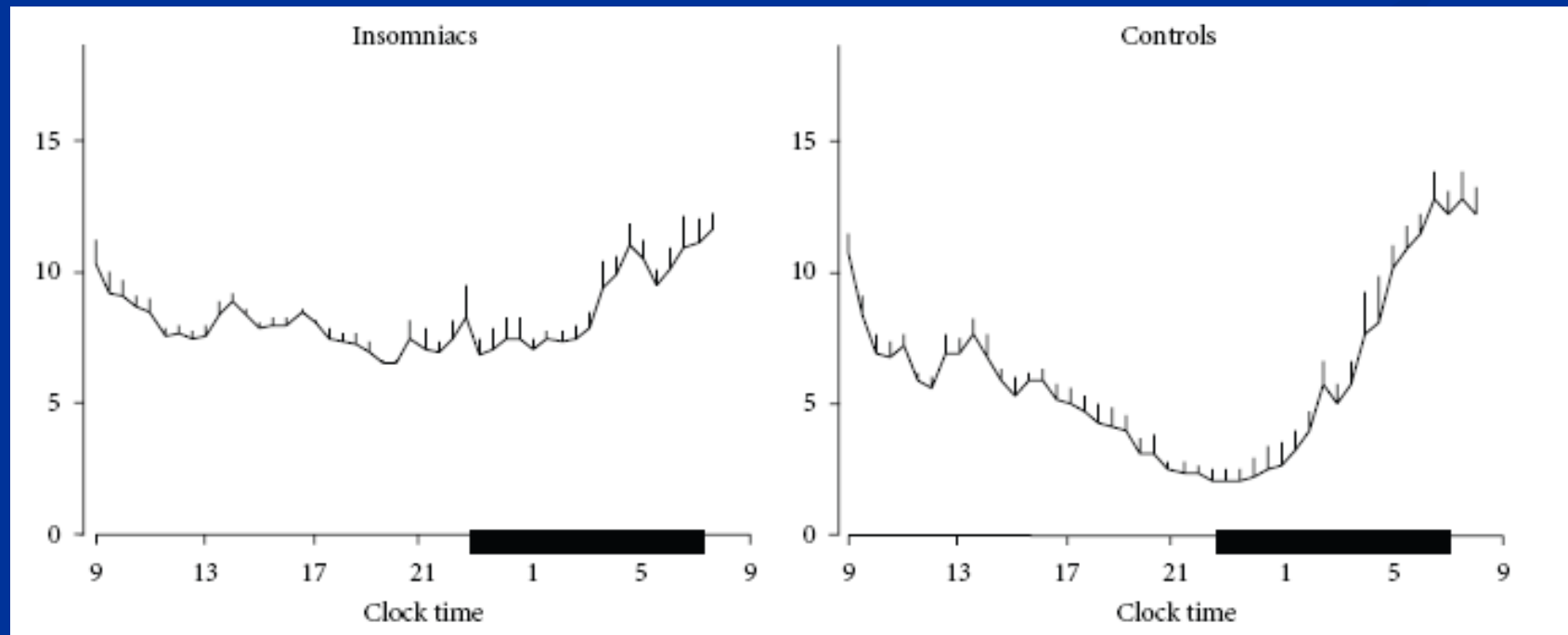


Impact of Sleep and Its Disturbances on Hypothalamo-Pituitary-Adrenal Axis Activity

Marcella Balbo, Rachel Leproult, and Eve Van Cauter

International Journal of Endocrinology
Volume 2010, Article ID 759234, 16 pages

Cortisol rhythm

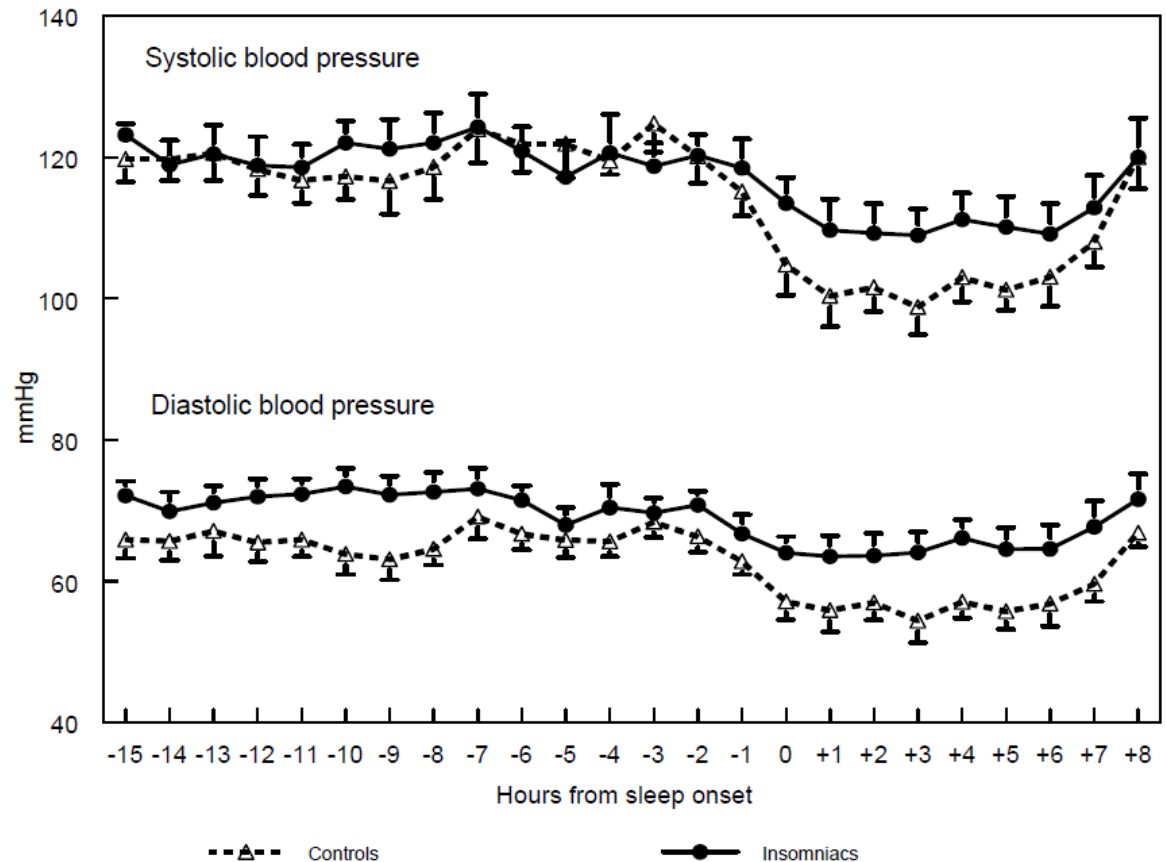


Night time blood pressure in normotensive subjects with chronic insomnia: implications for cardiovascular risk.

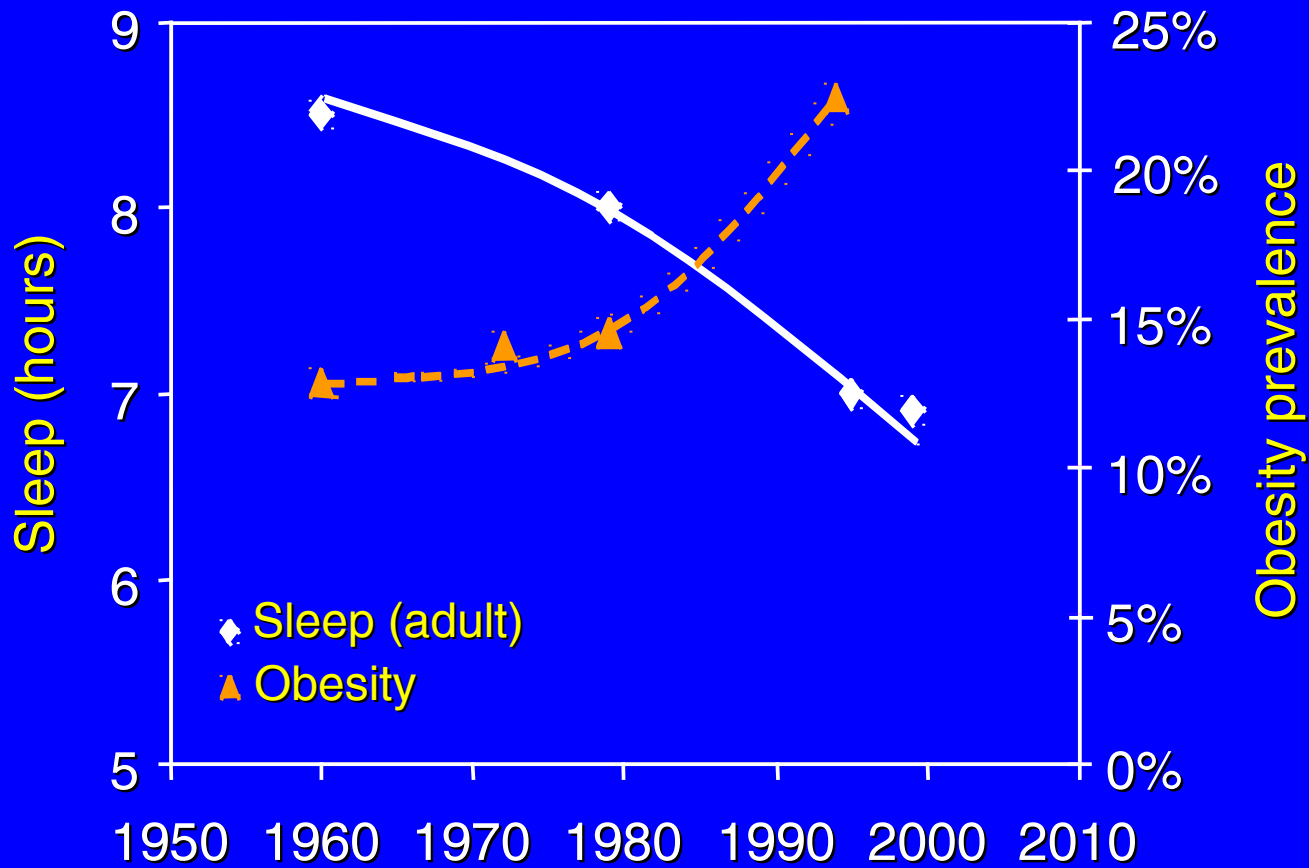
Paola A.Lanfranchi,, Marie-Helene Pennestri, Lorraine Fradette, Marie Dumont, Charles M. Morin, Jacques Montplaisir

Sleep, 2009

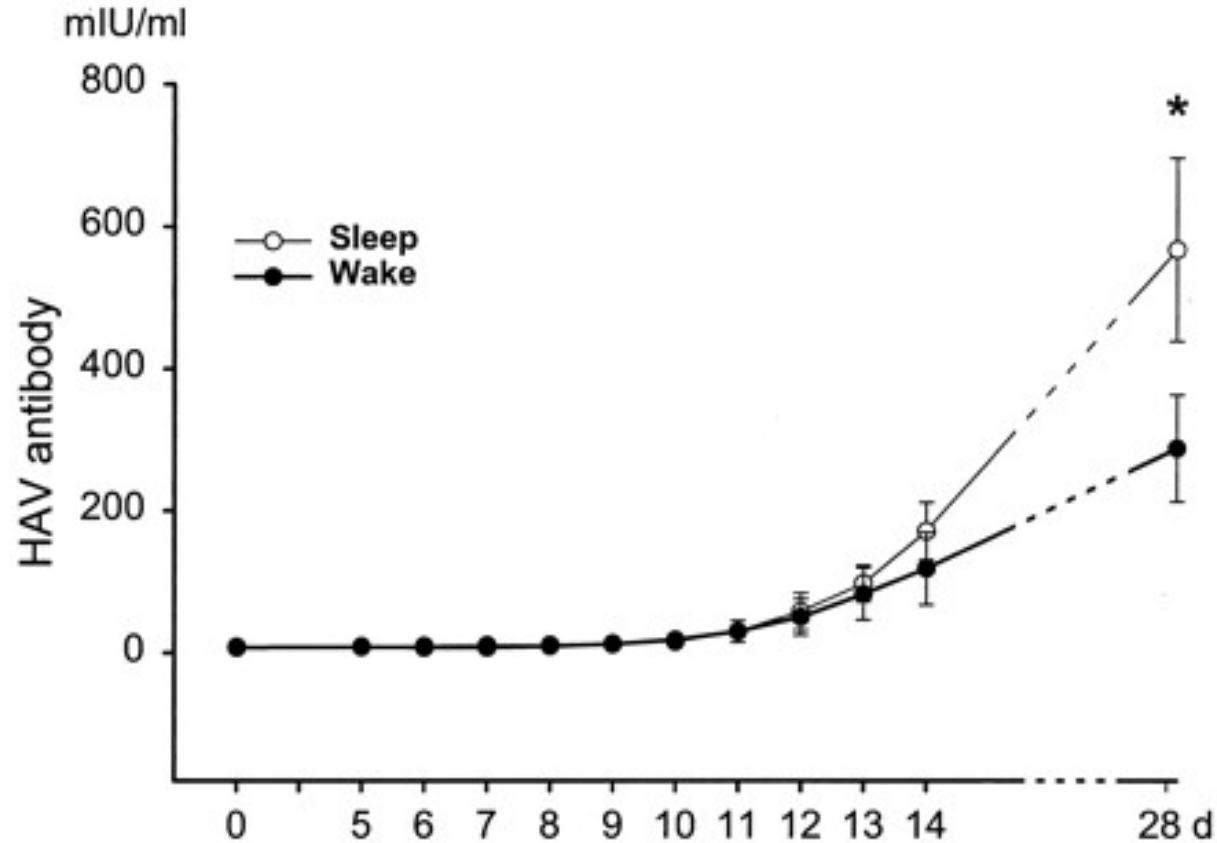
Figure 2



Self-reported Sleep and the Prevalence of Obesity in the US



sleep loss impairs the human antibody response to hepatitis A vaccination

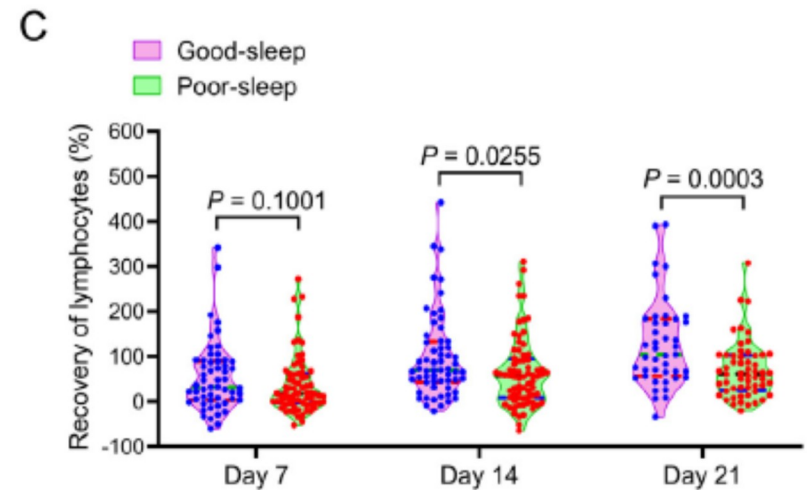
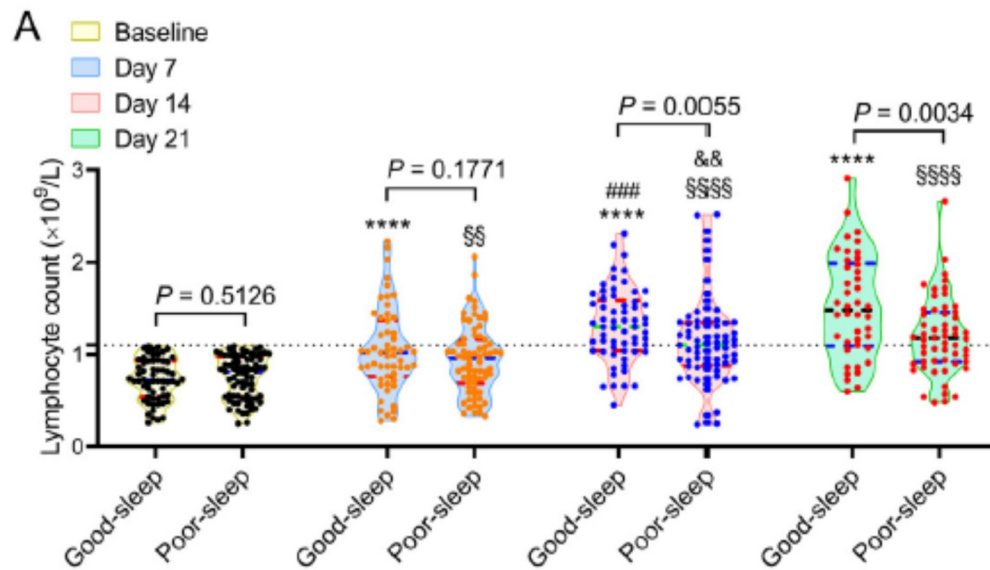


total loss of sleep in the night following vaccination
impairs immune response 28 days later

Poor-sleep is associated with slow recovery from lymphopenia and an increased need for ICU care in hospitalized patients with COVID-19: A retrospective cohort study

Jiancheng Zhang^{a,b,1}, Dan Xu^{a,1}, Bing Xie^{a,1}, Yujing Zhang^{a,1}, Haiyan Huang^{a,1}, Hongmei Liu^c,

Brain, Behavior, and Immunity 88 (2020) 50–58



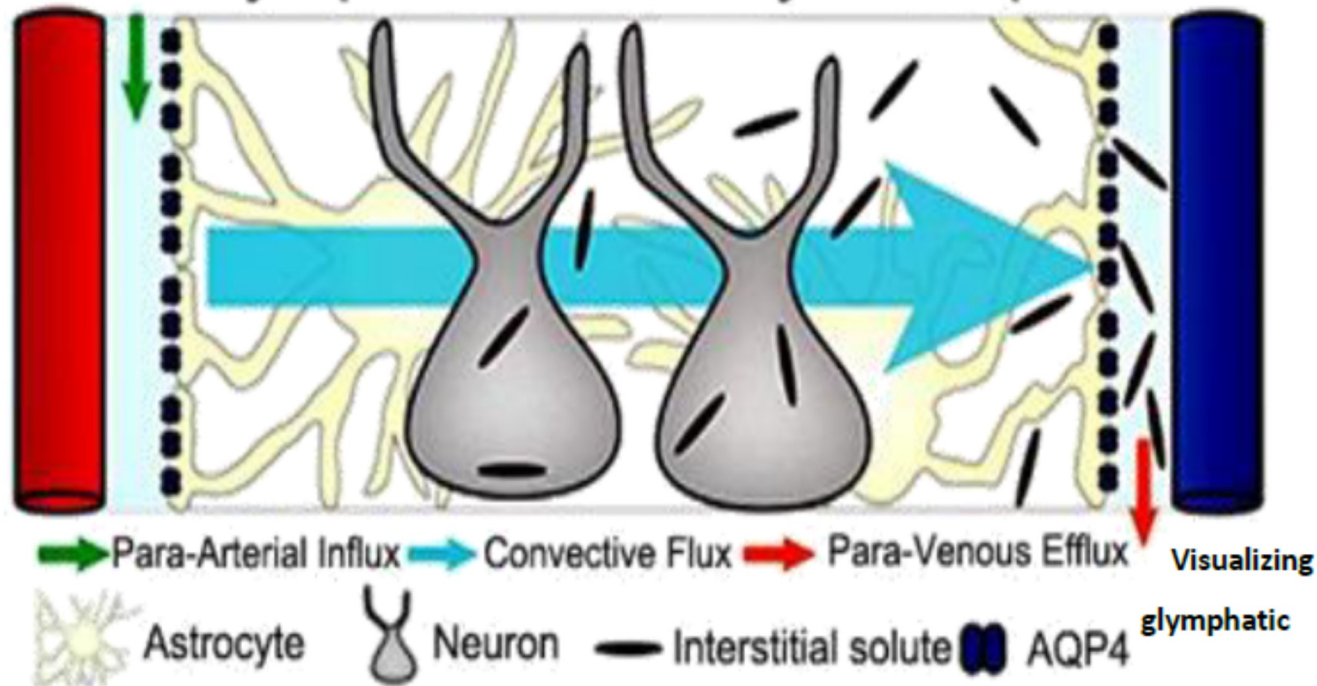
	Normal range	Total (n = 135)	Good-sleep (n = 60)	Poor-sleep (n = 75)	P value
Requiring ICU care	-	9 (6.7)	0 (0)	9 (12.0)	0.0151
Total length of hospital stay, median (IQR), d	-	29.0 (21.0–45.0)	<u>25.0 (20.5–36.5)</u>	<u>33.0 (23.0–47.0)</u>	0.0116

The Brain's Waste-Removal System

By Helene Benveniste, M.D., Ph.D.

Cerebrum August 2018

Glymphatic Pathway Transport



Glymphatic Transport, Waste Clearance, and Sleep

One exciting study concerning the glymphatic pathway reported the enhancing effect of sleep on influx and clearance of waste solutes, including $A\beta$. In this rodent study, glymphatic influx increased by 95 percent and $A\beta$ was cleared twice as fast in the cortex during slow wave sleep (or state of anesthesia with ketamine/xylazine), than during wakefulness.²³

CLASSIFICAZIONE INTERNAZIONALE DEI DISTURBI DEL SONNO (ICSD)

Prodotta dall'*American Academy of Sleep Medicine* in associazione con l'*European Sleep Research Society*, la *Japanese Society of Sleep Research* e la *Latin American Sleep Society*, pubblicata per la prima volta nel 1990, è giunta alla sua terza edizione (ICSD-3) nel marzo 2014.

Rispetto all'ICSD -2 che elencava 81 disturbi del sonno distribuiti in otto diverse categorie , **la terza edizione include 60 diagnosi racchiuse all'interno di sette categorie diagnostiche:**

Insomnia

Sleep-related breathing disorders

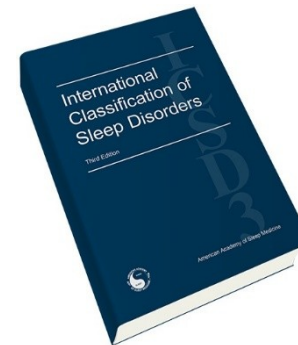
Central disorders of hypersomnolence

Circadian rhythm sleep-wake disorders

Parasomnias

Sleep-related movement disorders

Other sleep disorder

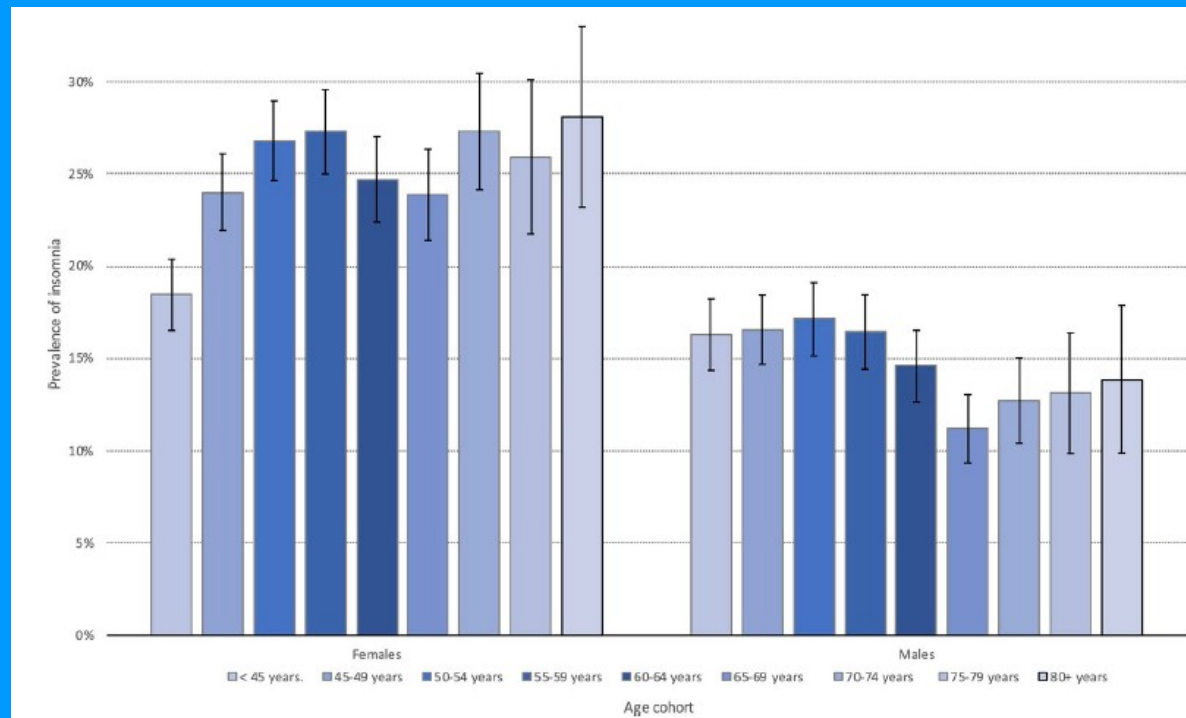


American Academy of Sleep Medicine

Sleep patterns and insomnia in a large population-based study of middle-aged and older adults: The Tromsø study 2015–2016

Børge Sivertsen^{1,2,3}  | Ståle Pallesen^{4,5}  | Oddgeir Friborg⁶ |

J Sleep Res. 2021;30:e13095.



Prevalence of ICSD-3 insomnia

Specific cortical and subcortical grey matter regions are associated with insomnia severity

Neus Falgàs^{1,2,3,4}, Ignacio Illán-Gala^{1,2,5}, Isabel E. Allen^{2,6}, Paige Mumford³, Youssef M. Essanaa^{3,7}, Michael M. Le^{3,7}, Michelle You³, Lea T. Grinberg^{1,2,8,9}, Howard J. Rosen^{2,10}

PLOS ONE | <https://doi.org/10.1371/journal.pone.0252076> May 26, 2021

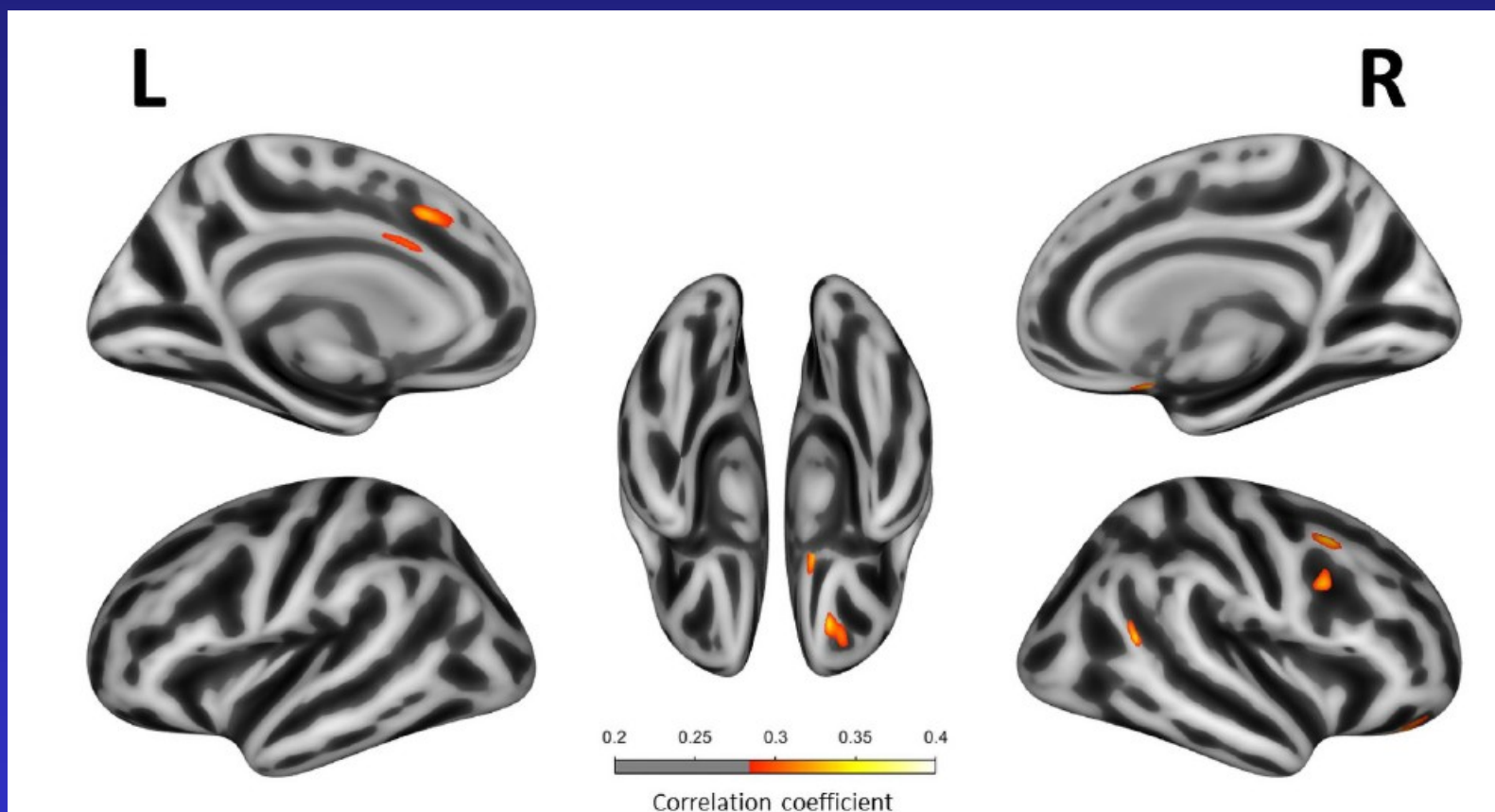


Fig 2. Correlation between Insomnia Severity Index scores and cortical thickness. Correlation between ISI scores and cortical thickness in all participants ($n = 120$). Only regions with P -value $< .001$ (uncorrected FWE) are shown.



BMI= 21,8

AHI= 59,6

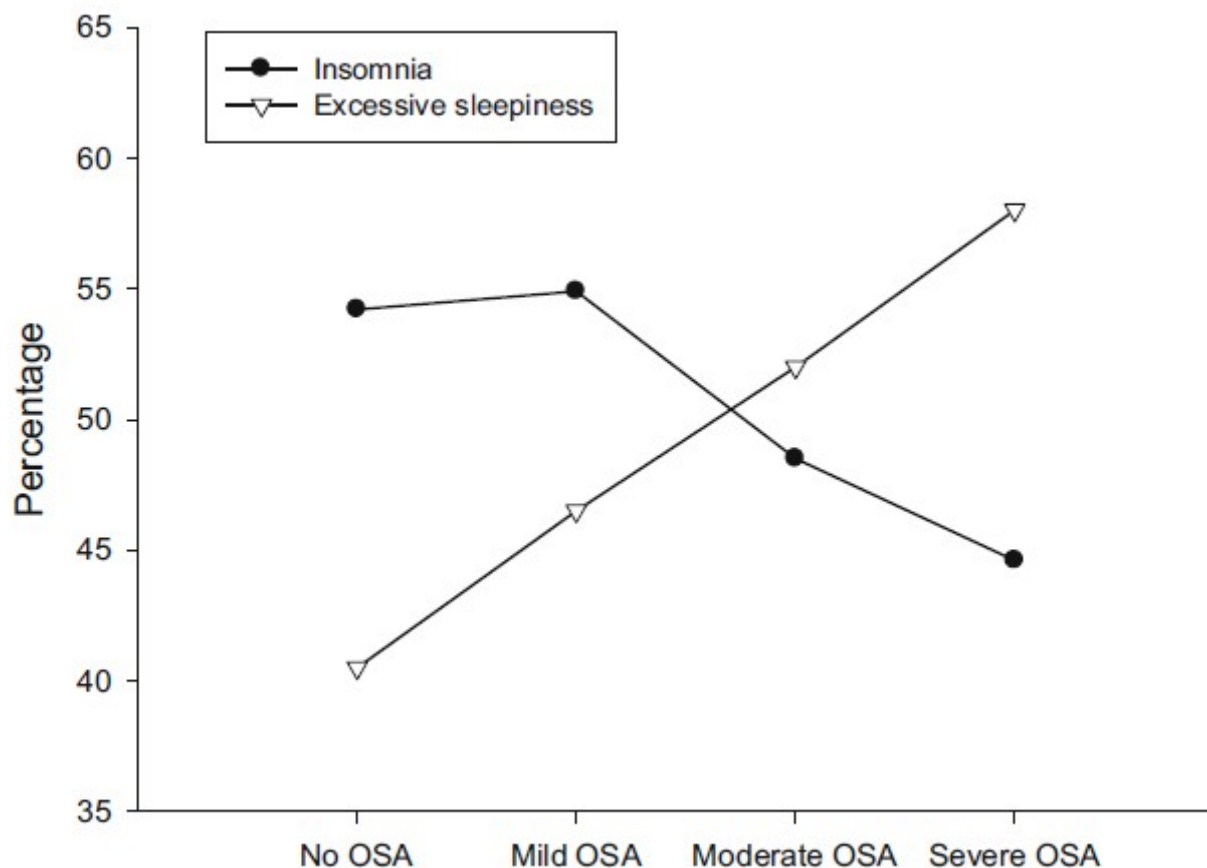


BMI= 49,3

Prevalence of excessive sleepiness is higher whereas insomnia is lower with greater severity of obstructive sleep apnea

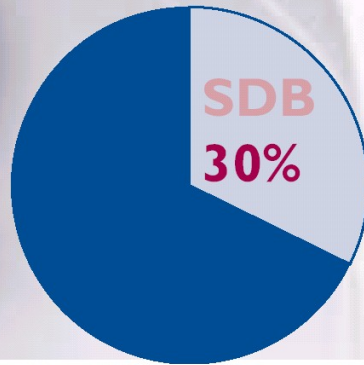
Bjørn Bjorvatn • Sverre Lehmann • Shashi Gulati • Harald Aurlen • Ståle Pallesen • Ingvild W. Saxvig

Sleep Breath (2015) 19:1387–1393

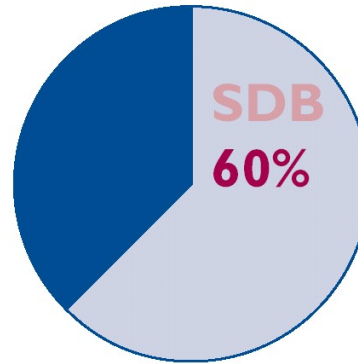


obstructive sleep apnea (OSA) severity. No OSA, AHI <5; mild OSA, AHI 5–14.9; moderate OSA, AHI 15–29.9; severe OSA, AHI 30 or higher

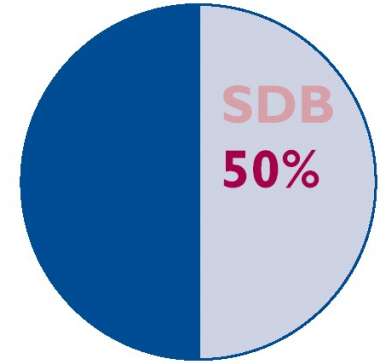
Prevalence of SDB among key cardiovascular disease groups



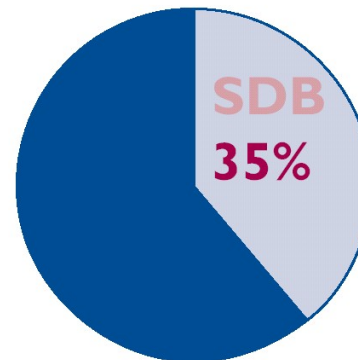
Coronary artery disease



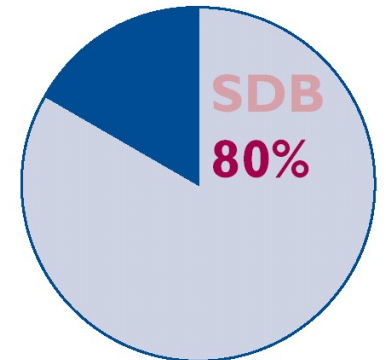
Stroke



Congestive heart failure



Hypertension



Drug-resistant hypertension

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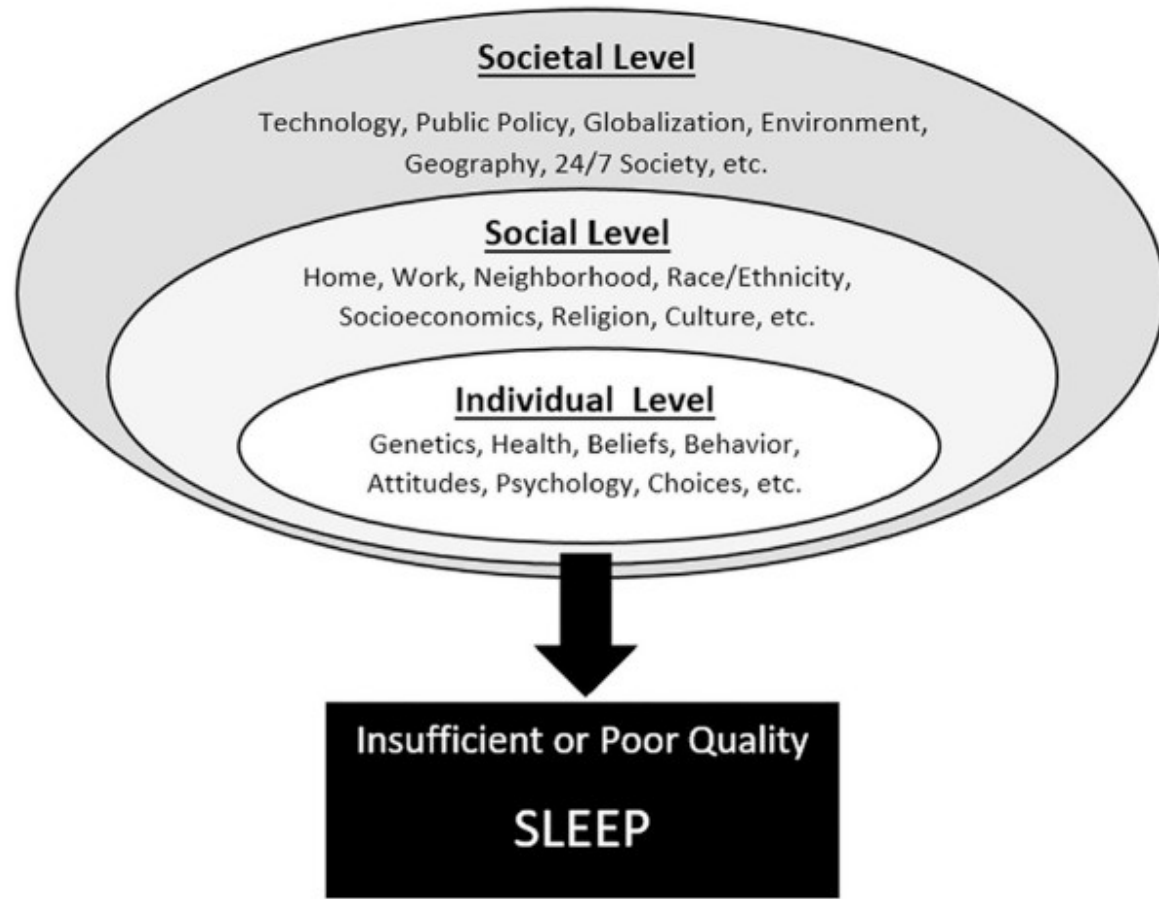
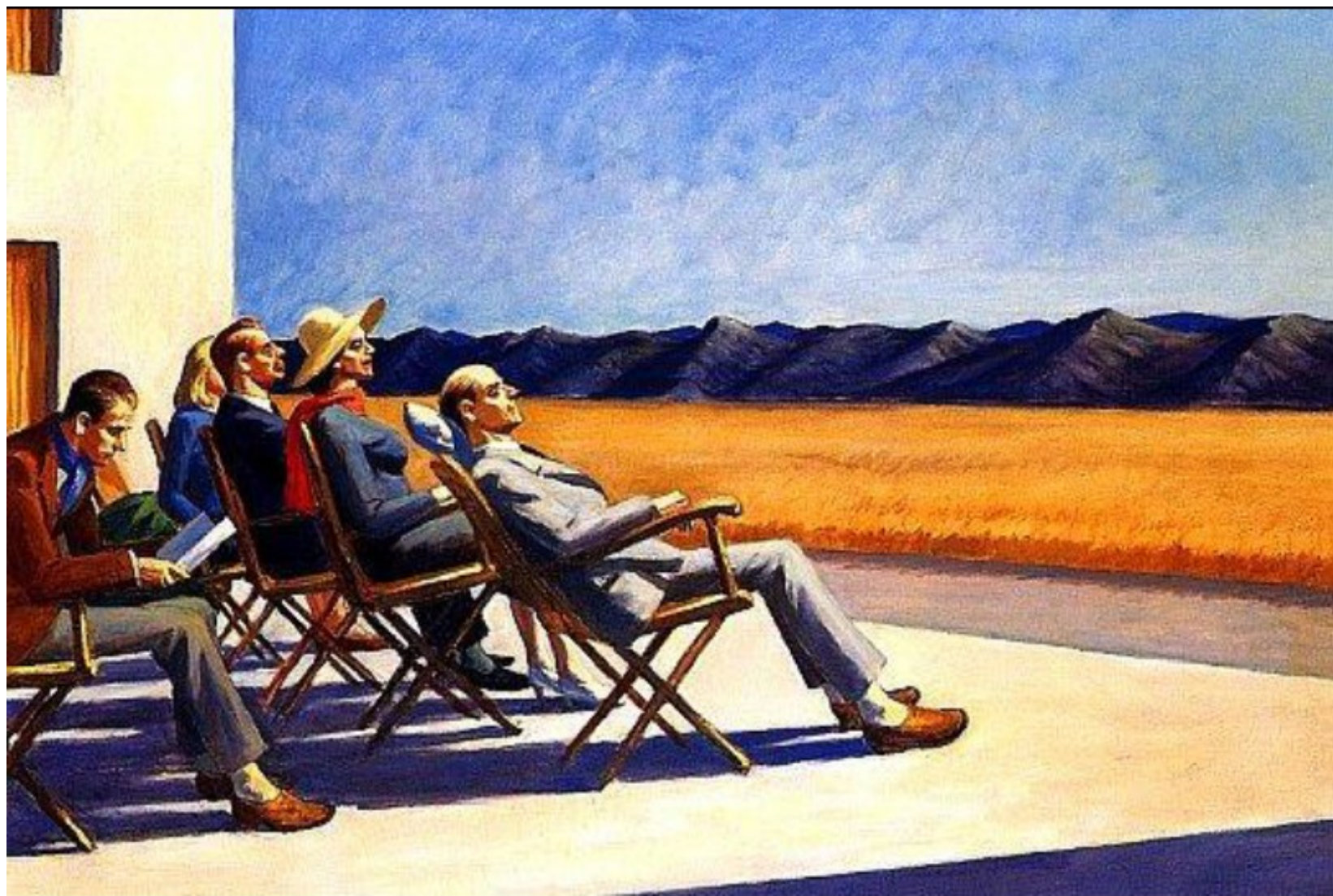


Fig. 1.
Social ecological model of sleep.



Edward Hopper – People in the Sun – 1959