

NARCOLEPSY WITH SLEEP PARALYSIS, A CASE REPORT

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INTRODUCTION

Narcolepsy type 1 (NT1) is a sleep disorder characterized by daytime hypersomnia, cataplexy, sleep paralysis, hallucinations, as well as night-time sleep fragmentation, which usually manifests during adolescence or in young adults.

Narcolepsy is a sporadic disease, although in 2-3% of cases there is a genetic predisposition. It has been estimated that patients with first-degree relatives with narcolepsy have a 10 to 40 times higher risk of developing narcolepsy.

RESULTS

A nocturnal video-polysomnographic study was carried out followed by a multiple sleep latency test (2022), which revealed neurophysiological criteria compatible with narcolepsy (mean sleep latency of 1.3 minutes and three of the four naps with SOREM phase), as well as three episodes compatible with sleep paralysis.

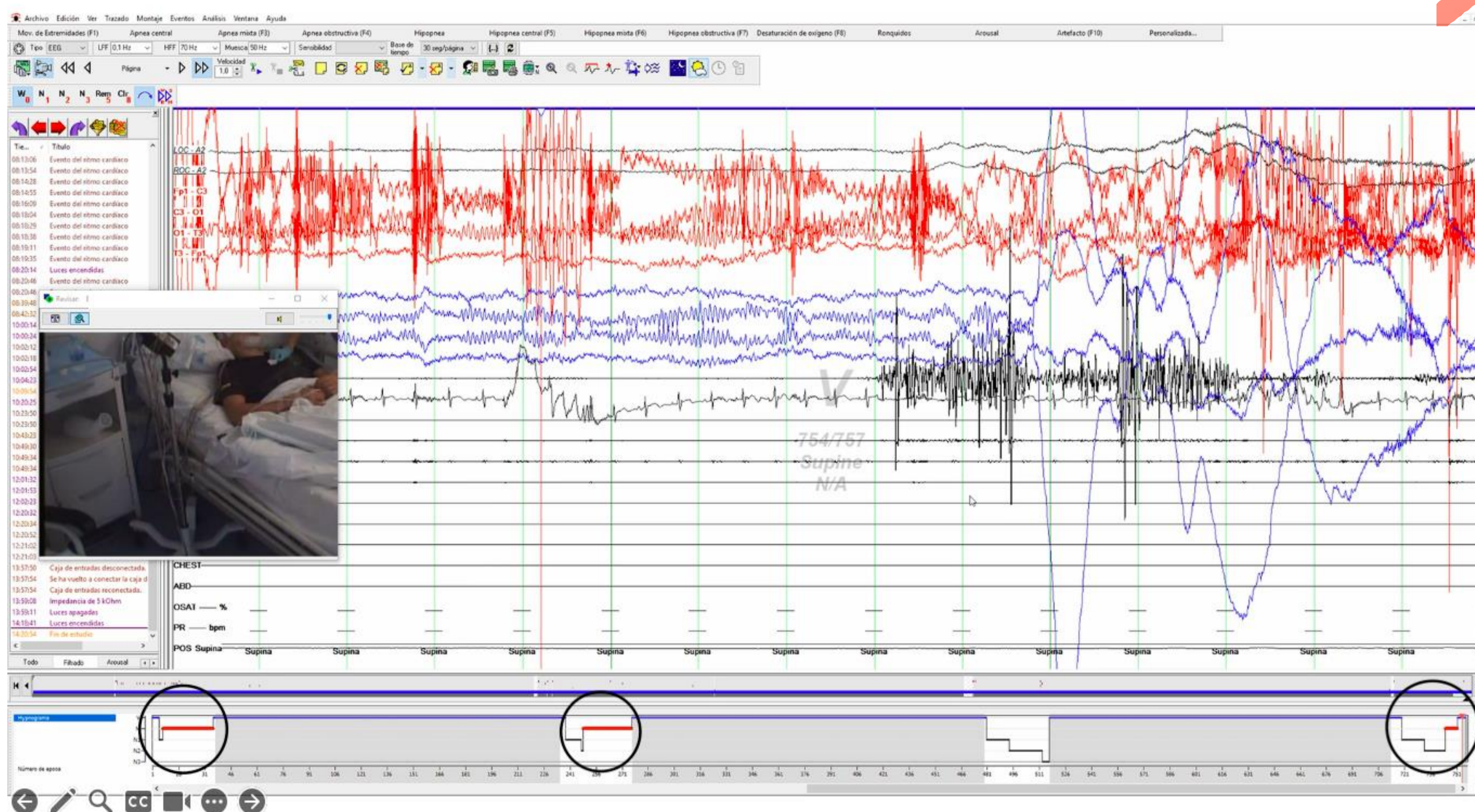
In the view of these findings, treatment with methylphenidate and Modafinil was considered, without improvement (the patient continued with severe daytime hypersomnia and episodes of cataplexy).

Finally, treatment was started with Pitolisant 13.5 mg a day, with a significant improvement in quality of life, allowing the patient to resume activities that he was previously unable to do, such as sport, and producing a reduction in the frequency of episodes of cataplexy/sleep paralysis, although they did not disappear completely.

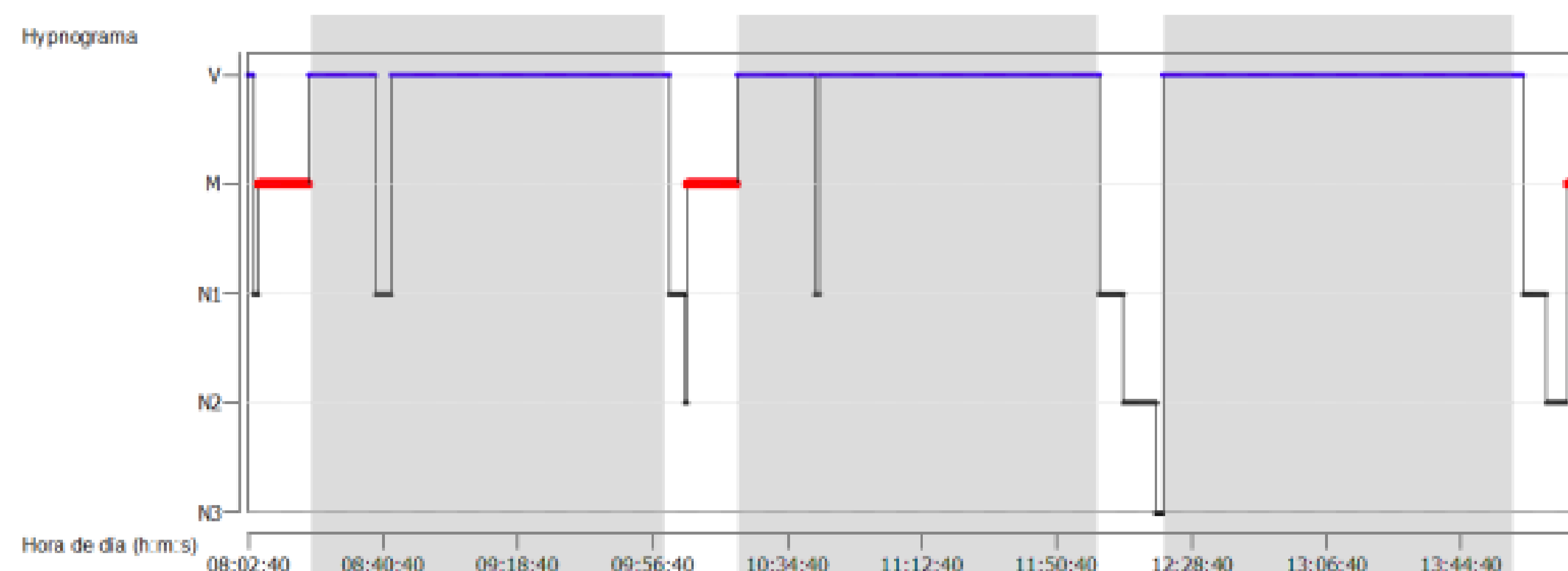
METHOD

We present the case of a 16-year-old boy with progressively worsening academic performance, under follow-up since 2017 in Neuropaediatrics, for presenting irrepressible sleep attacks during the day, with sleep paralysis and episodes compatible with cataplexy.

As far as family history, his father suffers from Narcolepsy.



Stage Hypnogram



CONCLUSIONS

Narcolepsy is a disease with a low prevalence, but very disabling for those who suffer from it. A good clinical approach with neurophysiological testing is essential for early diagnosis and individualized treatment. The use of Pitolisant as a therapeutic tool has proven to be highly effective, with a good safety profile even in the pediatric population.