

New York Group Publishes Sleep in Infants with Prader-Willi Syndrome.

Sleep has been an important focus of study as we learn more about Prader –Willi syndrome (PWS). Cataletto, Hertz and Angulo examine the sleep characteristics of 20 infants with Prader-Willi syndrome between ages 2 and 36 months in their study, recently published in The Romanian Journal of Rare Diseases. They examined overnight sleep studies in infants with PWS before the onset of obesity and without concomitant medications.

Sleep disordered breathing, defined as $AHI > 1$ was identified in eighty percent of the infants studied. Within that group, 55 % had obstructive sleep apnea syndrome as defined by obstructive index (OI) >1 . Fifty seven percent of all sleep disordered breathing events were central apneas and 43% were obstructive apneas and hypopneas.

Additionally, sleep in a subgroup of infants with PWS was compared to that of infants without PWS but with similar degrees of sleep disordered breathing. Rapid eye movement (REM) latency, on the average was significantly shorter than normal in infants with PWS.

These authors speculate that shortened REM latency may be a precursor of the REM abnormalities seen in older children and adults with PWS.

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