

Sleep-related hypermotor epilepsy activated by rapid eye movement sleep

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Sleep-related Hypermotor Epilepsy

- SHE is a rare epileptic syndrome characterized by paroxysmal motor seizures mainly arising from NREM sleep
- Here, we report a patient with SHE who had 7 seizures captured on video EEG-PSG during REM sleep.
- Ictal semiology of this patient ranged from brief paroxysmal arousals (PA) to hypermotor seizures
- The incidence of SHE during REM is currently unknown

- we speculate that **the threshold and mechanisms of arousal** during different sleep stages may be related to the occurrence of seizures
- We propose that **concurrent EEG and PSG** and careful documentation of seizures, sleep stages, and arousals will aid in our understanding of the relationship between sleep and seizures