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REM sleep parameters in alcohol dependent males and females

Summary

Selected REM sleep parameters were compared in alcohol dependent and healthy individuals in two groups (of 33 males and 32 females each). The following results were obtained: REM latency reduction was found in alcohol dependent females, while an increased percentage of REM sleep, increased latency of eye movements as well as increased mean latency of eye movements (M-LEM) in both subgroups of alcohol dependent subjects. No significant differences were found between groups under study as regards eye movements activity. These findings confirm usefulness of REM sleep parameters measurement in the research on pathogenesis of mental disorders.

Key words: males / females / alcoholism / REM sleep

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