

수면과 두통

Sleep and Headache

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■ ABSTRACT

Headaches and sleep problems are common complaints in clinical practice. The relationship of sleep and headache has been extensively studied. Brain systems involved in the regulation of sleep may also play a role in the initiation of vascular headache. Some of the physiological alterations in sleep, particularly REM sleep, are similar to those described in vascular headache. Clinical studies have documented an association between vascular headache and sleep, and headache is a common symptom of sleep disorders. Sleep and headache are known to be interrelated in several ways. It can be summarized as follows : 1) sleep - related headaches, 2) sleep phase - related headaches, 3) length of sleep(excess, lack, and disruption) and headaches, 4) headache related to sleep associated behavior, 5) sleep disorders and headaches, 6) effects of headaches on sleep, and 7) dreams and headaches. Several mechanisms can be proposed to explain the relationship between sleep and headaches. **Sleep Medicine and Psychophysiology 1999 ; 6(2) : 102-109**

Key words: Sleep · Headache.

서 론

가

. Liveing(cited from 1)

가

가 , Gans(2)

가

. 가 Levitan(3)

본 론

1. 수면과 두통의 연관성

1) 수면과 관련된 두통

가 가

. 가
(4).

(5).

(6).

가

. 가

1

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가

(1) (Sleep deprivation headache) REM 가 가 . Dexter Riley(10)
(11,13).

20 60 , REM REM 가 가 (14).
Cirignotta (15)

(2) 가 NREM REM
(7) Moss REM 가

가 REM

2) 수면단계(sleep stages)와 관련된 두통

(1) (Migraine) 가 가 . Rasmussen(17)
(16).

. Inamorato (8) 가
159 , 30% , 24% , 6% 가
. Gans(2) 가

(rapid eye movement) REM (2) (Cluster headache) 2/3가
, 3, 4 Wolf(18)
REM 가 24
(9 - 11). 3, 4 . Manzoni (19) 180
가 REM , 가
, barbiturates, , 1 3 , 9 , 1
가 (12). 2 , 1 3 가 가 가
REM 가 reserpine

. Dexter Weitzman REM ,

(9) REM 20 ,

REM (9). Drake (14) ,

REM 가 , 가

(carotid body) 가 REM

가 가 , Kudrow (21) 가

가 REM

가 가 가 가

60% 57% REM

60% REM (5) (Hypnic headache)

(21). REM (Hypnic headache) . alarm

가 clock

Kudrow (21) 가 가 (23).

REM 30 60

REM 90

REM 가 4

REM (24).

REM lithium

(3) (Chronic paroxysmal hemicrania) , 3) , 2)

4) (19).

indomethacin ,

REM , lithium

가 가 ,

. Kaye (biologic clock)

(22) 29 (25). biologic pacemaker

18 17 REM (26), lithium

REM , REM (27).

가 가 . suprachiasmatic nuclei

(4) (Psychogenic headache) (SCN) . (anterior hypothalamus)

. SCN

. Dexter Weitzman(9) , , pace maker

가 -

pace maker 3, 4 REM 가
가
(28). 가
Lithium Wolf(18) 가
(29,30). SCN periaqueductal gray matter (31).
dorsal raphe nuclei(DRN) SCN
DRN (25). 4) 수면에 따른 이상행동과 연관된 두통
가
Raskins (25) 가 (1) Turtle headache
Turtle headache
REM Newman 가
(32) REM 가, (36). Turtle
headache
REM 가 (37).
(38). Turtle headache
Sahota Dexter(1)
(parasomina) 5) 수면 질환에 동반되는 두통
(1)
가
Dexter(39) 100
100
(pavor nocturnus) 71% 11%,
indomethacin flunarizine 55% 16%, 41% 16%
(34,35). 가
lithium indomethacin 가 가
20 30% Giroud (40)
3) 수면 기간과 관련된 두통
가 가
Gans(2)
Dexter(11) (ophthalmic migraine)

CPAP 4
 가 3 가 CPAP
 가 가
 가 60%
 (21), CPAP (51)
 가
 (2) Aldrich Chauncey(1990)
 가 가
 가 (3)
 (snoring)가 가
 가 (53). Thoman(54)
 가 가
 가 가
 (41,42). 가 가
 가 (bruxism)
 (periodic limb movements of sleep, 가
 PLMS)(43) fib - (Bailey, 1990). (narcolepsy) 가
 romyalgia syndrome(FMS) . Dahmen (55)
 68 81%
 (vertex) , 54%가
 . Ulfberg (44) 6) 수면에 미치는 두통의 영향
 Diamod Dalessio(41)
 가 3 가
 Guilleminault (45) 36% 가
 (45), Paiva (46) 가
 58% Kayed (22)
 (47). REM , REM
 8 가 . Kudrow
 (microarousals), (21)
 , Dexter(47) REM
 REM 가 , 3, 4
 (bruxism) (48,49). Biber 가 . Spierings van Hoof(56)
 (12) 가
 가 가 가
 . Poceta (50) . Paiva (57)
 14

(60,61) (62,63)

7) 꿈과 두통의 관계

(endogenous opioid)
(64).

Levitan(3) 23
14 가 Levitan(3) 가

8) 수면 질환 분류에서의 두통

DIMS(Disorders of Initiating and Maintaining Sleep), DOES(Disorders of Excessive Somnolence),

가

가

가 DIMS

가

가

cluster migraine migrainous neuralgia가
DOES DIMS

가

(65).

가

Parasomina

가

결 론

REM

가

REM - locked sleep

REM

Conelli (58)

REM

2. 수면과 두통의 공통적인 병태기전

가

가

가

가

REM

(locus ceruleus)

가

가 가

가

가

가

3, 4

가

, REM

Lance (59)

가 가 . REM
 가 가 ,
 , REM
 REM REM
 9 (9). 8
 REM 100
 , REM 3 , 4
 가
 가
 가
 중심 단어 :

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