

I meccanismi di regolazione nel sonno

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Giovanni Mayer (1863-1943)
Il risveglio (1922), Marmo
Museo Revoltella, Trieste

fimPreviene

23 novembre 2019 • LIDO DI CAMAIORE (LU) • UNA Hotel Versilia

Conflitto di interesse

- U.F. è cofondatore e amministratore delegato di sleepActa s.r.l., azienda Spinoff dell'Università di Pisa, specializzata nella diagnostica dei disturbi del sonno attraverso l'utilizzo di sensori indossabili.



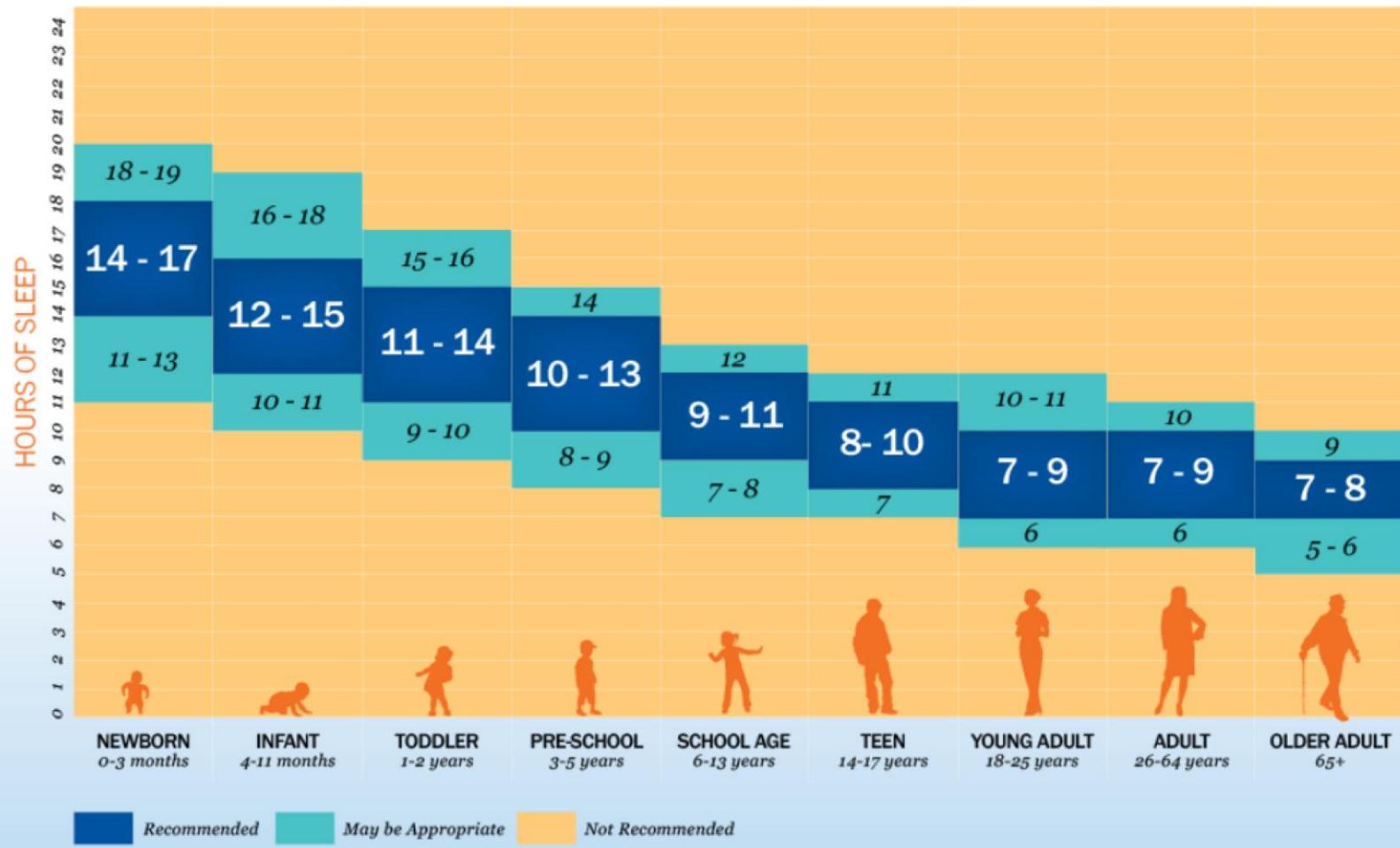
UNIVERSITÀ DI PISA





NATIONAL SLEEP FOUNDATION

SLEEP DURATION RECOMMENDATIONS



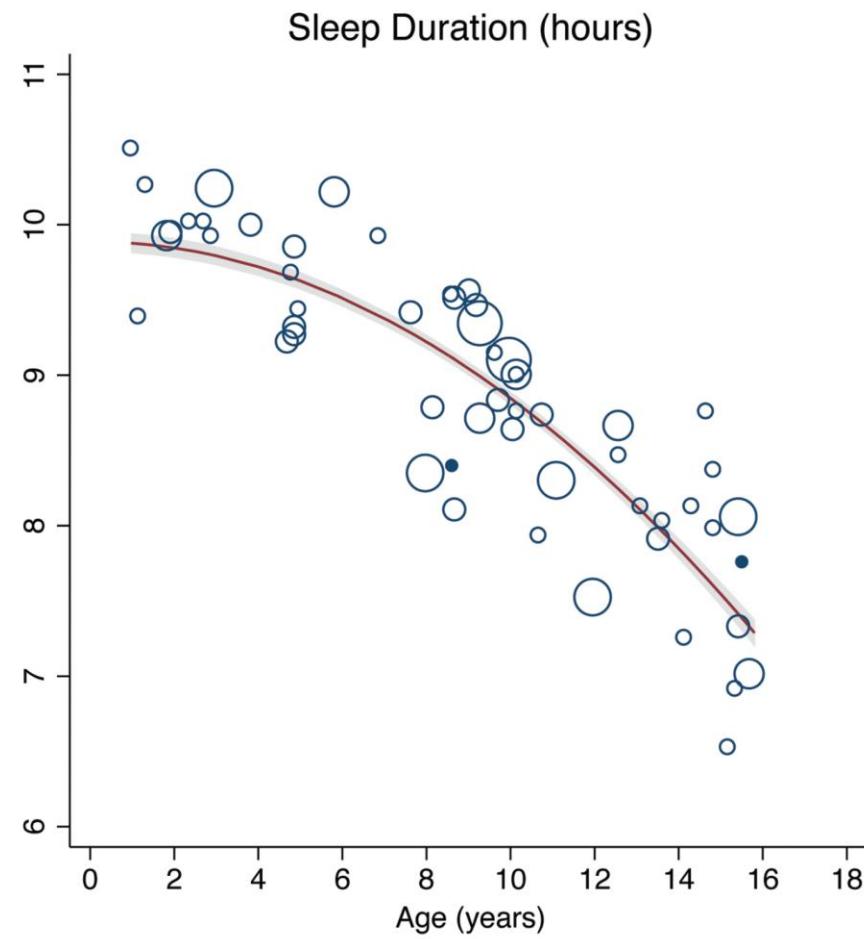
ORIGINAL ARTICLE

Establishing normal values for pediatric nighttime sleep measured by actigraphy: a systematic review and meta-analysis

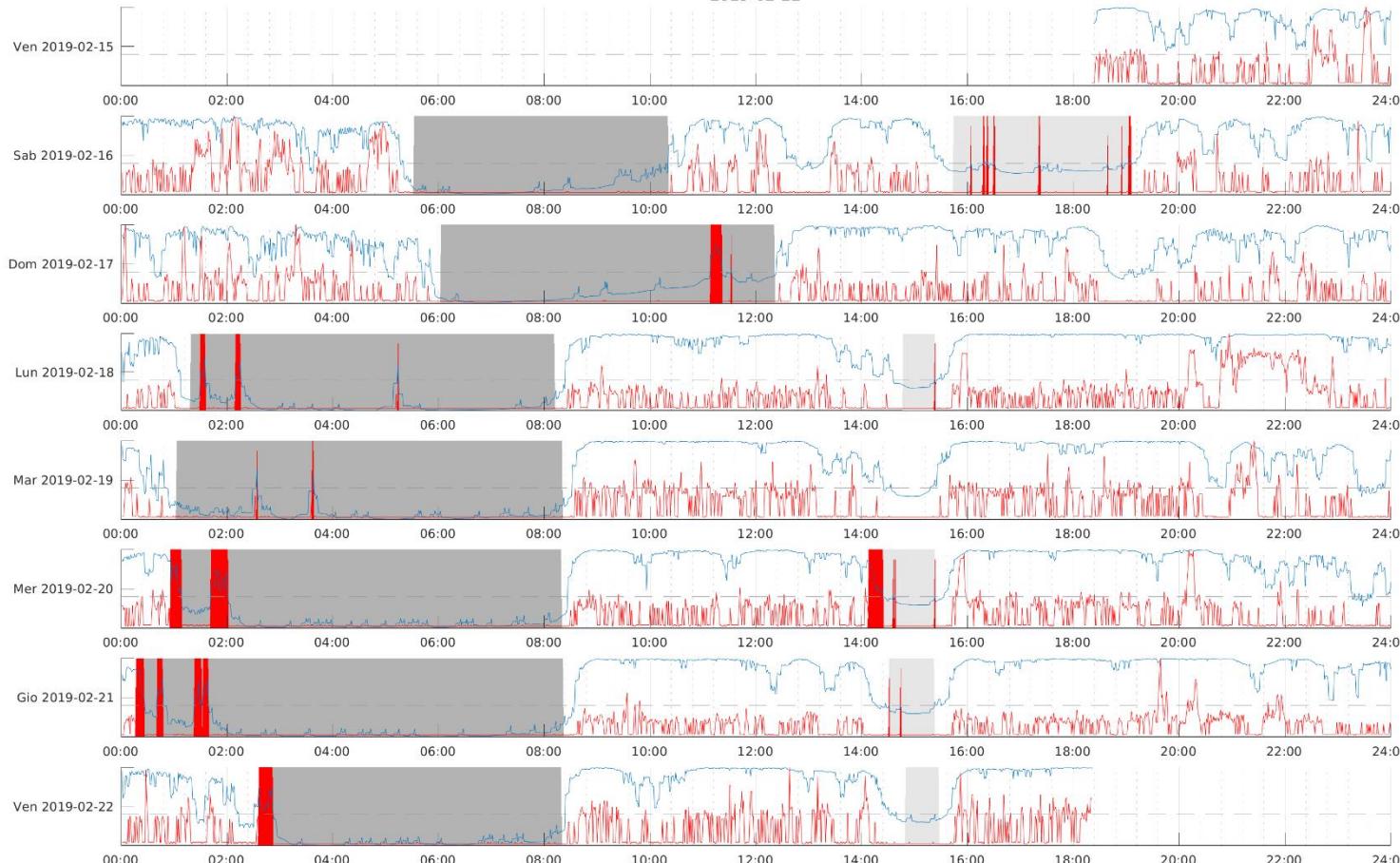
Barbara C. Galland¹, Michelle A. Short², Philip Terrill³, Gabrielle Rigney⁴, Jillian J. Haszard^{1,5}, Scott Coussens^{2,6}, Mistral Foster-Owens⁷ and Sarah N. Biggs^{7,*}

¹Department of Women's and Children's Health, University of Otago, Dunedin, New Zealand, ²School of Psychology, Flinders University, Adelaide, South Australia, ³Information Technology and Electrical Engineering, The University of Queensland, Brisbane, Australia, ⁴Department of Psychology and Neuropsychology, Dalhousie University, Halifax, Canada, ⁵Department of Human Nutrition, University of Otago, Dunedin, New Zealand, ⁶Cognitive Neuroscience Laboratory, University of South Australia, Adelaide, Australia and ⁷Department of Paediatrics, The Ritchie Centre, Hudson Institute of Medical Research, Monash University, Victoria, Australia

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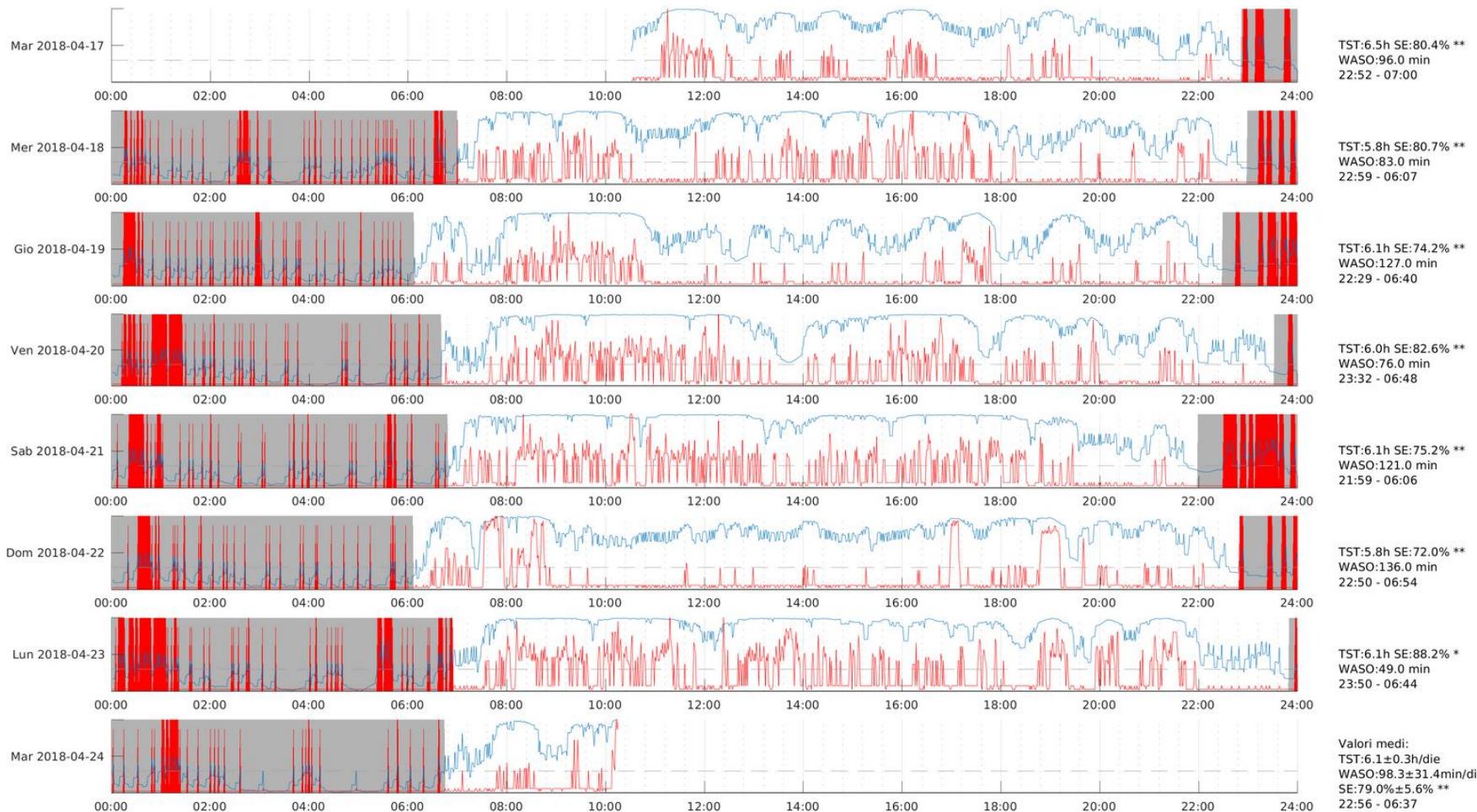


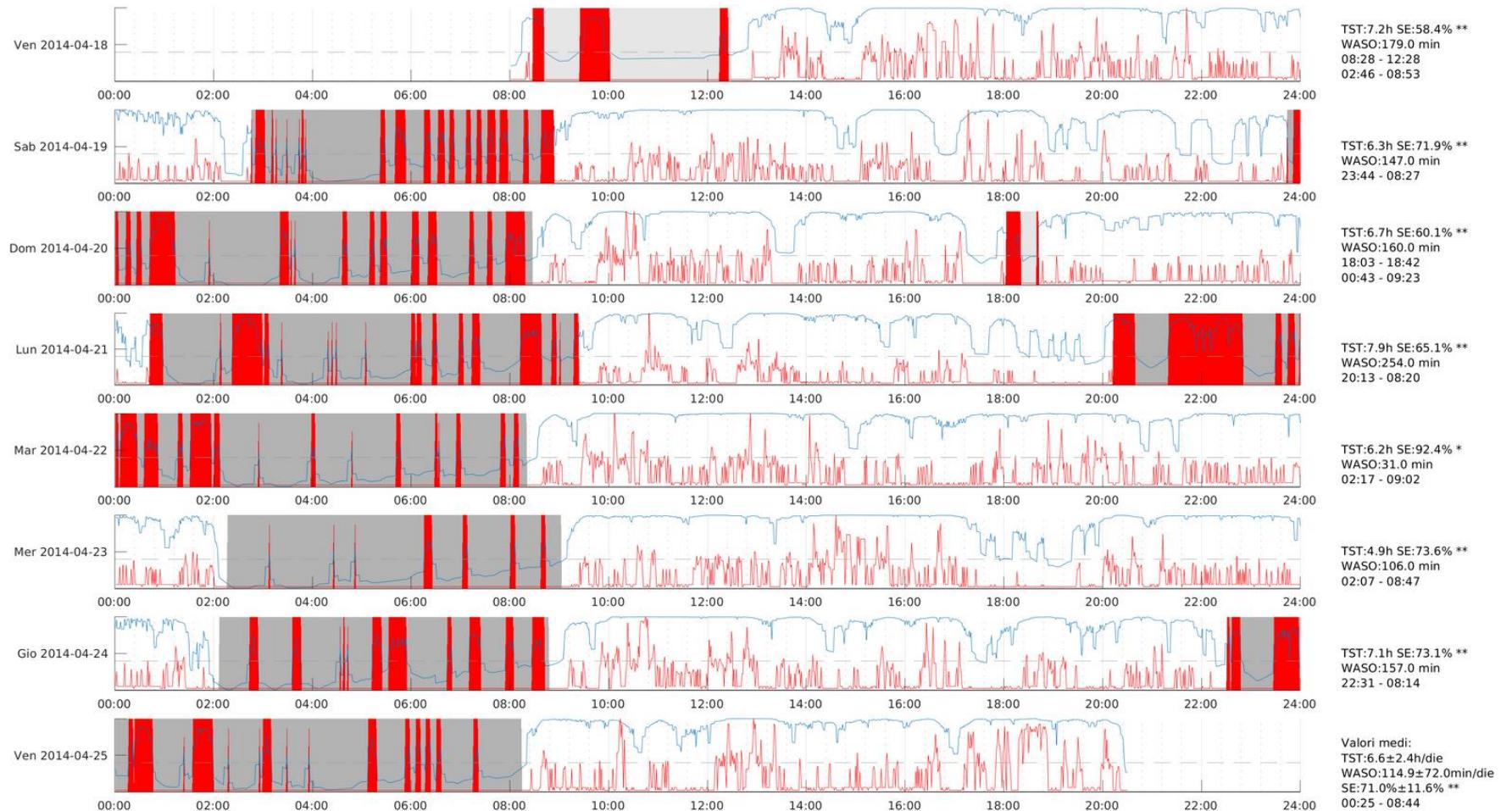
**Analisi del sonno giornaliera dal
2019-02-15
al
2019-02-22**



Valori medi:
 TST:7.3±2.8h/die
 WASO:12.5±11.9min/die
 SE:94.5%±7.0% *
 02:25 - 09:05

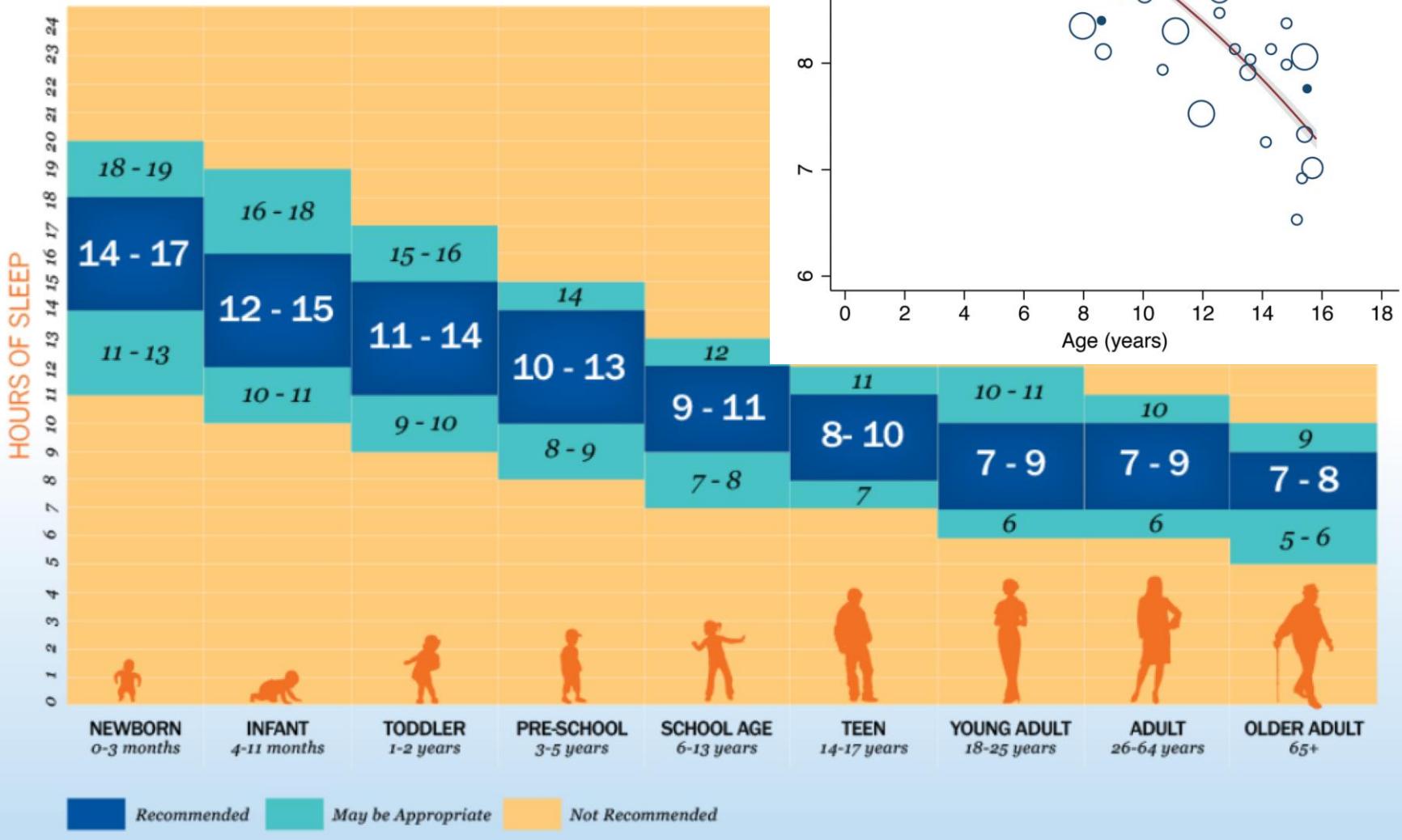








SLEEP DURATION RECOMMENDATIONS





LETTER TO THE EDITOR

Establishing average values for actigraphy or normal ones?

Argelinda Baroni^{1,*} and Oliviero Bruni²

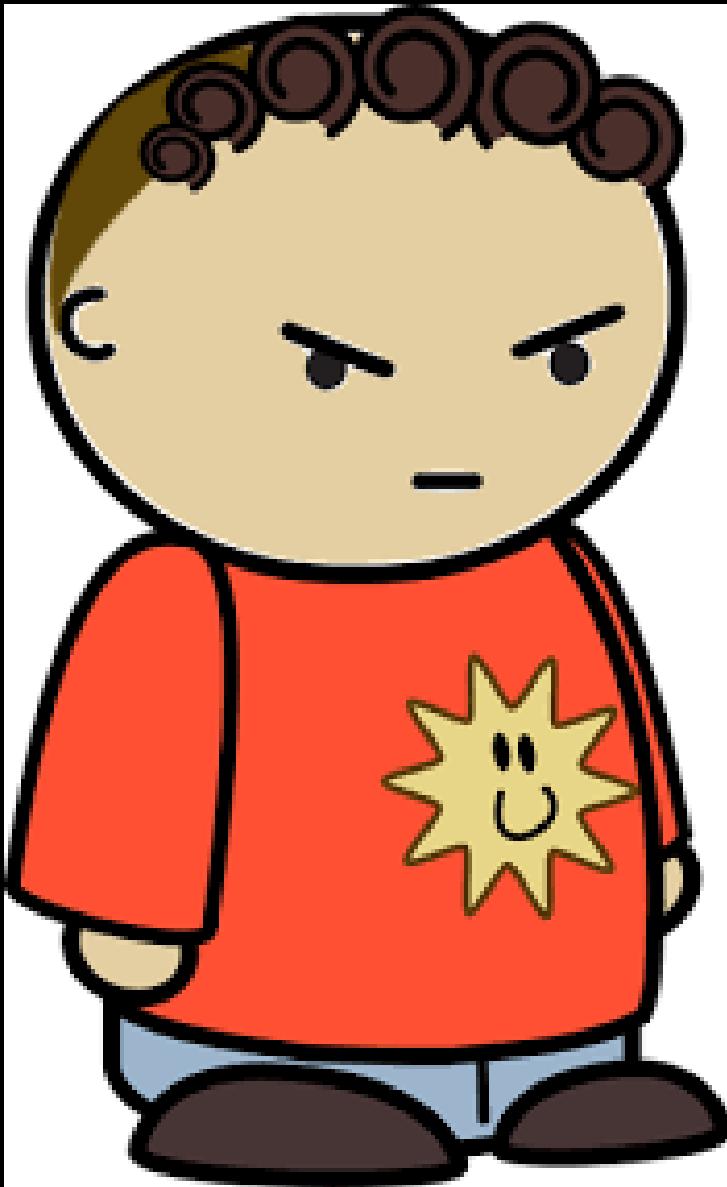
¹The Child Study Center, Hassenfeld Children's Hospital at NYU Langone, New York, NY and ²Department of Developmental and Social Psychology, Universita' La Sapienza, Rome, Italy

*Corresponding author. Argelinda Baroni, Child Study Center, Hassenfeld Children's Hospital at NYU Langone, One Park Ave, 7th Fl. New York, NY 10016.
Email: Argelinda.Baroni@nyumc.org.

...we are concerned about the authors' suggestion that their actigraphic estimates be interpreted as "normal" for children and adolescents. **We wished the authors would have highlighted the possibility that their results may reflect prevalent sleep deprivation affecting children and adolescents.** Unfortunately, values described as "normal" are all too easily and inappropriately translated into prescriptive or guiding requirements. Instead, the aim of health recommendations is to inform clinical practice and promote wellbeing. Accordingly, sleep recommendations and normative expectations cannot be disconnected from functioning and developmental needs.

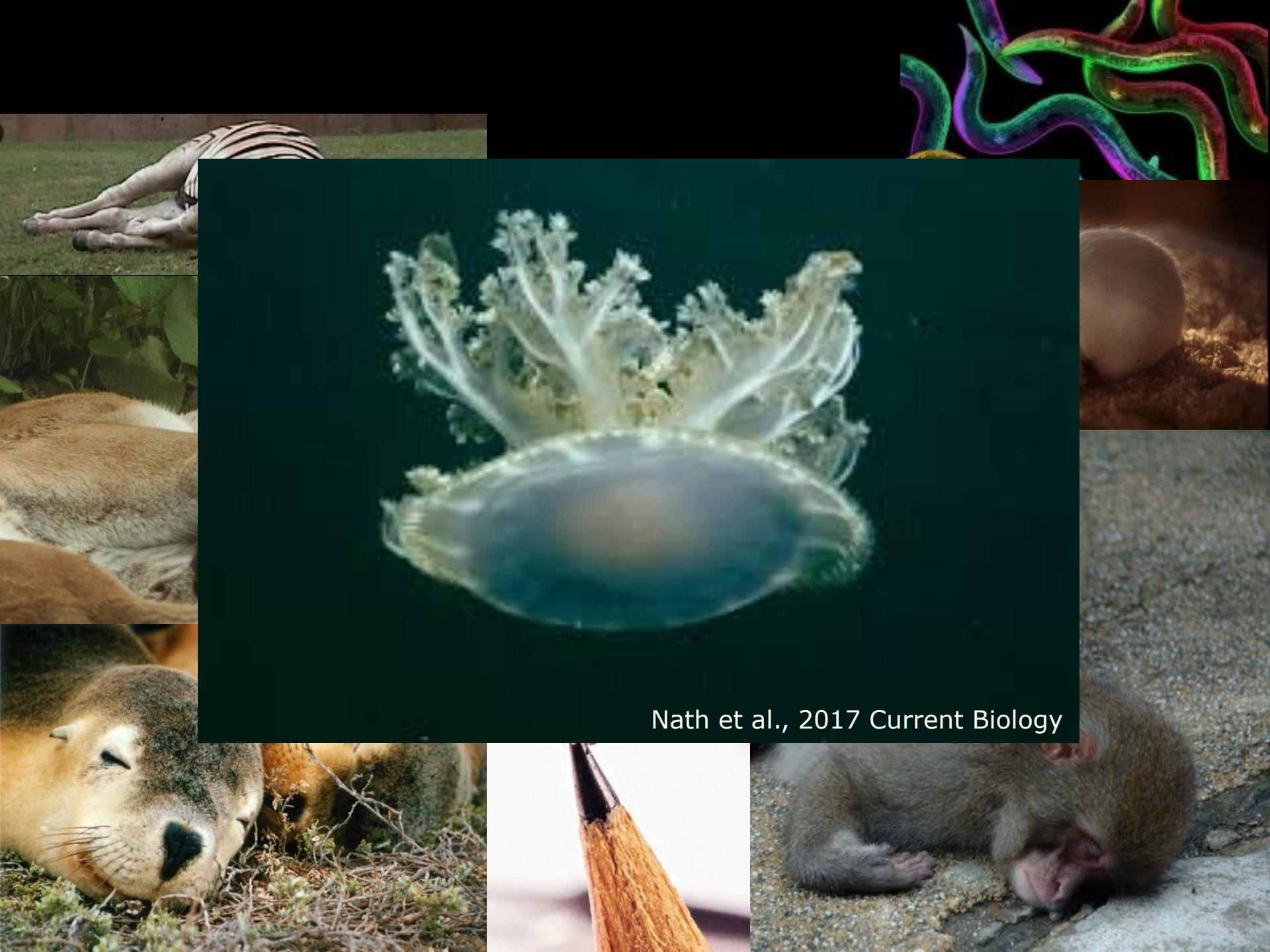
Perché dormiamo?





Qual è la funzione del sonno?

IPOTESI NULLA



Nath et al., 2017 Current Biology

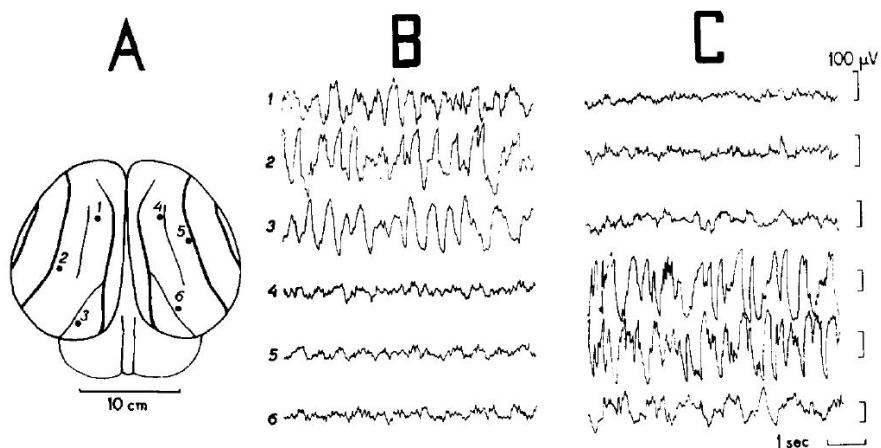
Il sonno è una condizione di elevata vulnerabilità,
dall'elevato costo evolutivo



“If sleep does not serve an absolutely vital function, then it is the biggest mistake the evolutionary process has ever made”

Allan Rechtschaffen

Sonno uniemisferico



Mukhametov et al., 1977

