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Increased frequency of parasomnial reports of atopic dermatitis diseases

PURPOSE: The purpose of the present study is to study the relationship between the clinical severity of the atopic dermatitis and vitiligo in people with sleep disorders, in particular parasomnia. Atopic dermatitis is a chronic, inflammatory skin disease of unknown etiology, characterized by itching, dryness and eczematoid lesions. Vitiligo is a complex de-pigmenting disorder, frequently associated with cosmetic disfigurement and considerable psychological distress.

METHOD: We studied 45 people with atopic dermatitis, 40 with vitiligo and 45 healthy subjects selected from the derma-surgical department as placebo group. Everyone responded to a special questionnaire in order to provide information's on sleepwalking, night time enuresis, night illusions, sleep tremors and nightmares.

RESULTS: The percentages of these phenomena were statistically higher in AD patients, clearly higher than expected compared to other dermatoses with psychogenic involvement (vitiligo).

CONCLUSIONS: Patients with AD appear to experience intense stress from a younger age, which may imply Some degree of dependence on the etiopathogenicity of the disease with the highest levels of emotional load. Our study also provides evidence supporting the need for further research into the possible necessity of pharmacological management of any sleep disorders in patients with AD

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