

KLEIN-LEVIN SYNDROME IN A 45-YEAR-OLD MALE

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CASE

Patient Profile:

- 45-year-old male
- Medical History: TBI, PTSD, seizure disorder, anxiety, depression

Clinical History:

- Presented with periodic episodes of hypersomnia
- Episodes followed by days of wakefulness, irritability, and anger

WORKUP

- Referral to neurology and sleep medicine specialists
- Initial tests: MRI of the brain, polysomnography (sleep study), Multiple Sleep Latency Test (MSLT), EEG
- Initial diagnosis of obstructive sleep apnea
- Inadequate symptom improvement with CPAP, dextroamphetamine, and sleep hygiene measures

TREATMENT

- Lithium administration
- Before Treatment: Hypersomnia, Irritability
- After Treatment: Improved Wakefulness, Stable Mood

INTRODUCTION

Klein-Levin Syndrome (KLS) is an extremely rare neurological disorder characterized by recurrent episodes of hypersomnia and behavioral disturbances, including emotional lability. Diagnosis is challenging, requiring an extensive differential diagnosis to exclude other etiologies of hypersomnia. Management primarily involves lithium. This poster presents a unique case of KLS in a 45-year-old male.

KEY CHARACTERISTICS

- Recurrent Hypersomnia
- Emotional Lability
- Diagnostic Challenges
- Recurrent periods of prolonged wakefulness

DISCUSSION

KLS typically affects adolescents, making this case in a 45-year-old male exceptionally rare. Review of literature: KLS predominantly observed in males under 20. Limited documented cases of KLS in adults. Effectiveness of lithium in symptom management. Importance of thorough diagnostic workup for rare

CONCLUSION

In summary, this exceptional case of Klein-Levin Syndrome in a 45-year-old male underscores the necessity for vigilance in the diagnosis of rare neurological disorders. While KLS predominantly affects adolescents, this adult presentation highlights the importance of considering rare conditions in atypical populations. The successful management of this case through lithium treatment emphasizes the potential for therapeutic interventions in KLS. Overall, our findings reinforce the significance of early recognition, accurate diagnosis, and appropriate management in improving the quality of life for individuals facing this enigmatic sleep disorder.



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