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Nocturnal EEG Sleep in Blind Subjects: Comparison to Non Visually–Impaired Controls

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Abstract

Sleep EEG recordings were made over two consecutive nights on two congenitally totally–blind subjects and two partially–blind subjects. The recordings obtained were compared with those from non–impaired subjects. The results showed that the percentage of sleep stage 3 was significantly decreased in blind subjects compared to control subjects. There were no significant differences in the other sleep stages. The blind subjects had less percentage of sleep stage 4, but there were no statistical differences.
