

# Progressive sleep and electroencephalogram changes in mice carrying the Huntington's disease mutation

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Sleep disturbances in Huntington's disease may be deleterious to the cognitive performance, affective behaviour, and general well-being of patients, but a comprehensive description of the progression of changes in sleep and electroencephalogram in Huntington's disease has never been conducted. Here we studied sleep and electroencephalogram disturbances in a transgenic mouse model of Huntington's disease (R6/2 mice). We implanted 10 R6/2 mice and five wild-type littermates with electro-myography electrodes, frontofrontal and frontoparietal electroencephalogram electrodes and then recorded sleep/wake behaviour at presymptomatic, symptomatic and late stages of the disease. In addition to sleep-wake scoring, we performed a spectral analysis of the sleep electroencephalogram. We found that sleep and electroencephalogram were already significantly disrupted in R6/2 mice at 9 weeks of age (presymptomatic stage). By the time they were symptomatic, R6/2 mice were unable to maintain long periods of wakefulness and had an increased propensity for rapid eye movement sleep. In addition, the peak frequency of theta rhythm was shifted progressively from 7 Hz to 6 Hz during rapid eye movement sleep, whereas slow wave activity decreased gradually during non-rapid eye movement sleep. Finally, as the disease progressed, an abnormal electroencephalogram gamma activity (30–40 Hz) emerged in R6/2 mice irrespective of sleep states. This is reminiscent of the increased gamma power described in schizophrenic patients during sleep and events of psychosis. Gaining a better understanding of sleep and electroencephalogram changes in patients with Huntington's disease should be a priority, since it will enable clinicians to initiate appropriate investigations and to instigate treatments that could dramatically improve patients' quality of life.

**Keywords:** EEG; R6/2 mice; REM sleep theta; slow wave activity; gamma activity

## Introduction

Huntington's disease is best known as a movement disorder, but non-motor symptoms, such as cognitive impairment, irritability,

depression and other psychiatric symptoms, are also present in patients with Huntington's disease. Abnormalities in circadian rhythmicity have been demonstrated in both human patients (Wiegand *et al.*, 1991a; Morton *et al.*, 2005; Videnovic *et al.*,

2009; Aziz *et al.*, 2010) and in rodent models of Huntington's disease (Morton *et al.*, 2005; Bode *et al.*, 2009; Kudo *et al.*, 2011). Patients with Huntington's disease show abnormal day–night activity patterns, although they do not typically complain about sleep disturbance or show excessive daytime sleepiness when standard sleep questionnaires are used (Morton *et al.*, 2005; Goodman *et al.*, 2011). Nevertheless, in mouse model of Huntington's disease, circadian abnormalities have now been confirmed by three different laboratories (Morton *et al.*, 2005; Rudenko *et al.*, 2009; Kudo *et al.*, 2011), with R6/2 transgenic mice showing a progressive disintegration of the rest–activity rhythm that mirrors circadian disturbances observed in patients with Huntington's disease (Morton *et al.*, 2005; Kudo *et al.*, 2011).

In addition to circadian abnormalities, sleep and electroencephalogram (EEG) are frequently disturbed in neurodegenerative diseases, with the nature of the impairments in different diseases showing a number of similarities (Petit *et al.*, 2004). Sleep disruption is likely to be a widespread problem in patients with Huntington's disease, because when sleep was assessed by a Huntington's disease-targeted questionnaire, almost all patients acknowledged having sleep problems that were rated by the majority of patients as being either a 'very' or a 'moderately' important problem (Goodman *et al.*, 2010). Despite this, few well-controlled polysomnographic studies have been conducted in patients with Huntington's disease, and the results of those that have been done are inconsistent (Nguyen *et al.*, 2010; Morton, 2013).

Study of sleep and EEG could be a valuable tool for investigating Huntington's disease, since early and progressive abnormalities could serve as biological markers of the disease. Here we analysed the sleep and EEG changes in R6/2 mice, one of the best characterized animal models of Huntington's disease. We found that sleep and EEG are already significantly disrupted in R6/2 mice at the earliest presymptomatic stage of the disease that we measured.

## Materials and methods

### Animals and housing conditions

All experiments were conducted under the authority of the United Kingdom Animals (Scientific Procedures) Act 1986. Wild-type and R6/2 mice were taken from a colony established at the University of Cambridge (CBAxC57/BL6 background). Genotyping and repeat length measurement were performed by Laragen. Genotyping was performed by PCR from tail snips taken at 3 weeks of age and CAG repeat lengths were measured by GeneMapper software. In total, six male and eight female wild-type mice plus 10 male and eight female R6/2 mice from both sexes were pooled. Successful recordings were not achieved for all mice at every time point due to data logging failures (early termination of data collection). Because we wanted to compare longitudinal changes, here we have presented only those data that were recorded from mice from which successful recordings were made at each time point (presymptomatic, symptomatic, and late stage of the disease). Thus the data from five wild-type mice (three male and two female), and 10 R6/2 mice (seven male and three

female) were used for comparisons. These 10 R6/2 mice had a mean CAG repeat length of  $253 \pm 1$ .

### Surgery and electroencephalogram/electromyogram recordings

Mice were anaesthetized with isoflurane (1.5–2%) and placed in a stereotaxic apparatus. We implanted each mouse with EEG electrodes by placing gold-plated stainless steel screw electrodes epidurally over the left and right frontal cortex (1.5 mm lateral and 1.0 mm anterior to bregma) and left parietal cortex (1.5 mm lateral and 1.0 mm anterior to lambda) for frontofrontal and frontoparietal EEG recordings. Electromyogram (EMG) signals were acquired by a pair of stainless steel spring wires (Plastics One Inc) inserted into the neck extensor muscles (Kantor *et al.*, 2009). Before implantation, each screw was soldered to a soft insulated stainless steel wire, and all cables were connected to a single common seven-pin connector, compatible with the logging device. Cables and the connector were all fixed to the skull with dental cement. The connector was mounted carefully at an angle suitable for the data-logging device.

After surgery, we housed the mice in individual recording cages (with food and water available *ad libitum*) within sound-attenuated chambers with a 12:12 h light-dark cycle (30 lx daylight-type fluorescent tubes with lights on at 06:00), constant temperature ( $22 \pm 1^\circ\text{C}$ ) and humidity ( $55 \pm 10\%$ ). After a recovery period of 7–10 days, we connected a 'dummy' logging device (a plastic device of weight and form similar to the data-logging device) to the mice. After mice acclimated to the recording conditions for 3–4 days, we replaced the 'dummy' device with the data-logging device (NeuroLogger, TSE Systems GmbH) and recorded EEG and EMG for 24 h. These loggers have a weight of 2.8 g including batteries and data storage capacity up to 512 MB (Etholm *et al.*, 2010). Finally, the loggers were removed from the mice and the data were downloaded by the use of a docking station connected to a PC by a USB cable.

### Data analysis and statistics

The EEG/EMG signals were digitized at 256 Hz, digitally filtered (EEG: 1–60 Hz, EMG: 5–60 Hz), and semi-automatically scored as wake, non-REM sleep, or REM sleep in 10 s epochs using SleepSign (Kissei Comtec). Experienced scorers visually inspected these preliminary scorings and made corrections when appropriate. Scorers were blinded to genotype, although at late stages, EEG 'signatures' of Huntington's disease became so apparent in symptomatic R6/2 mice that an experienced scorer could easily identify the correct genotype of the mice based solely on these EEG changes. We then measured the duration of bouts, counted the number of bouts, and calculated the percentage of time spent in each behavioural state.

To compare the ability of mice to maintain wakefulness, we analysed the distribution of wake as a function of bout length. We separated all wake bouts into one of eight bins (<30, 40–70, 80–150, 160–310, 320–630, 640–1270, 1280–2550 and >2560 s) according to length (Trachsel *et al.*, 1991; Franken *et al.*, 1999; Mochizuki *et al.*, 2004). The percentage of wake occurring in each bin was measured and presented in a time-weighted frequency histogram.

To measure the propensity for REM sleep, we analysed REM sleep bout numbers and durations, and the probability of transitioning into REM sleep from non-REM sleep. To analyse the probability of transitioning into REM sleep as a function of non-REM sleep bout length, we first calculated the absolute probability of transitioning from non-REM into REM sleep by counting the incidence of REM sleep

after each 10 s epoch of non-REM sleep. Then we calculated the weighted average probability for non-REM sleep bins of increasing duration (<60, 60–120, 120–180, 180–240, 240–300, 300–360 and >360 s). The sleep cycle was defined as beginning at the onset of non-REM sleep and as ending at the offset of REM sleep, allowing for brief awakenings of no longer than 10 s. Cycles were excluded from analysis if (i) they lacked REM sleep; (ii) the REM sleep episode was only one epoch long (10 s), followed by non-REM sleep; or (iii) the non-REM sleep episode before REM sleep was shorter than 30 s (Kantor *et al.*, 2009).

EEG power spectra were computed for consecutive 2 s epochs in the frequency range 1 to 50 Hz by fast Fourier transformation with a frequency resolution of 0.5 Hz. Before fast Fourier transformation, a window weighting function (Hanning) was applied. Epochs with movement-induced and other artefacts were discarded on the basis of the polygraph records. Data were presented in 1 Hz bins, and the bins were marked by their upper limits (Kantor *et al.*, 2005). The values of consecutive 2 s EEG epochs in wake, non-REM and REM sleep, respectively, were averaged over 24 h as no remarkable differences were found between power density values obtained during dark and light periods.

All results are expressed as means  $\pm$  SEM. To compare vigilance state parameters, we used two-way ANOVA with repeated measures and Bonferroni test for *post hoc* comparisons (GraphPad Prism, GraphPad Software). The results were considered statistically significant at  $P < 0.05$ .

## Results

### Huntington's disease mice progressively lose their diurnal variation in sleep–wake behaviour

With increasing age, the percentage of wake in R6/2 mice gradually decreased, while both non-REM and REM sleep increased during the dark period. As a result, R6/2 mice gradually lost the normal diurnal variation in their sleep/wake behaviour (Fig. 1). When we compared the hourly amounts of wake and non-REM sleep, we found significant time  $\times$  genotype (R6/2 and wild-type mice) interactions as early as 9–10 weeks of age [ $F(23,299) = 1.91$ ,  $P < 0.01$  and  $F(23,299) = 2.30$ ,  $P < 0.01$ , respectively; Fig. 1]. As the disease progressed in R6/2 mice, the total amount of wake during the dark period was reduced by a further 35% at 13–14 weeks, and by 25% at 17–18 weeks of age compared with wild-type mice [time  $\times$  genotype interaction:  $F(2,26) = 3.79$ ,  $P < 0.05$ ; Fig. 2]. This reduction in total wake amount was first due to the shortening of wake bouts as the number of wake bouts increased in R6/2 mice. In R6/2 mice, the mean duration of wake bouts was reduced by 58% at 13–14 weeks, and by 66% at 17–18 weeks of age compared to controls [time  $\times$  genotype interaction:  $F(2,26) = 10.22$ ,  $P < 0.01$ ; Table 1]. In addition, R6/2 mice had more than twice as many wake bouts as did wild-type mice by 17–18 weeks of age during both dark and light periods [ $F$ -test:  $F(9,4) = 24.20$ ,  $P < 0.01$  and  $F(9,4) = 77.61$ ,  $P < 0.01$ , respectively; Table 1]. This indicated a highly fragmented sleep–wake behaviour in Huntington's disease mice at the late stage of the disease.

### Huntington's disease mice cannot sustain long periods of wakefulness

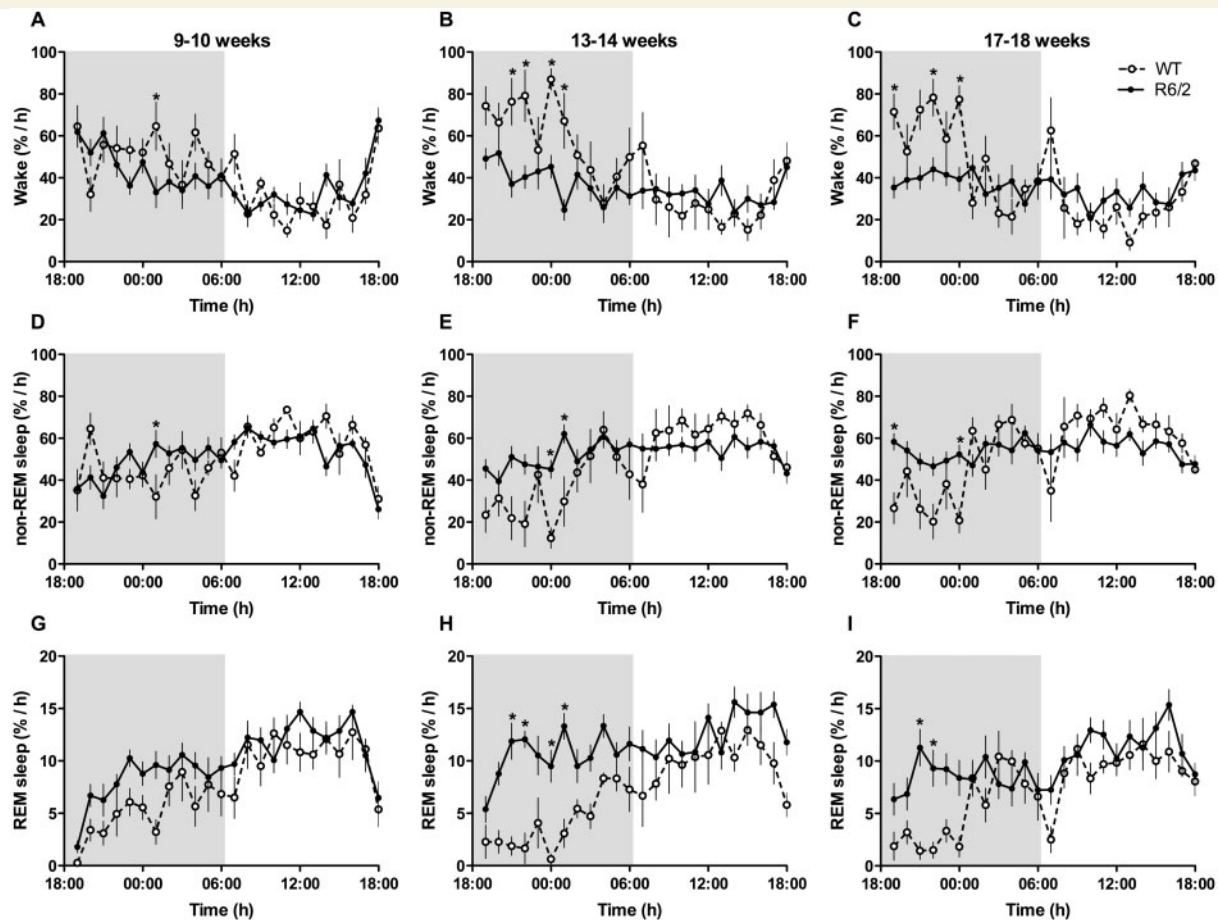
To understand better the inability of Huntington's disease mice to maintain wakefulness, we analysed wake as a function of bout length. During the dark period, wakefulness in mice typically occurs in very long bouts. But as the disease progressed, R6/2 mice spent less and less time in long wake bouts and instead most of the wake occurred in mid-length bouts (Fig. 3B and C). Specifically, in wild-type mice, at least 20% of wake occurred in bouts lasting over 2550 s (42.5 min), irrespective of their age. By contrast, even at the youngest age, R6/2 mice never spent more than 8% of their wake in such long bouts. By 17–18 weeks of age, 65% of wake occurred in bouts lasting >1280 s (21.2 min) in wild-type mice, whereas in R6/2 mice only 13% of wake occurred in bouts this long [bout duration  $\times$  genotype interaction:  $F(7,91) = 9.95$ ,  $P < 0.01$ ; Fig. 3]. This demonstrated a profound deterioration of wake maintenance in Huntington's disease mice as disease progressed.

### Huntington's disease mice have an increased propensity for rapid eye movement sleep

In parallel with the loss of wakefulness, the total amount of REM sleep significantly increased in R6/2 mice during the dark period. This was already evident in the first recording period at presymptomatic stage (9–10 weeks, Fig. 2). At 13–14 weeks, R6/2 mice had more than twice as much REM sleep as did wild-type mice during the dark period (Fig. 2). At the late stage of the disease, REM sleep was still elevated in R6/2 mice though to a lesser extent [time  $\times$  genotype interaction:  $F(2,26) = 4.74$ ,  $P < 0.05$ ; Fig. 2].

To identify factors that contributed to the increase in REM sleep in R6/2 mice, we examined REM sleep architecture in detail. As the R6/2 mice became symptomatic (at 13–14 weeks), we found that they were more likely to transition into REM sleep than were wild-type mice. In wild-type mice, the probability of entering REM sleep in both light and dark period gradually increased across the duration of non-REM sleep. By contrast, by 13–14 weeks of age, R6/2 mice had a much higher probability of entering REM sleep at any time during a non-REM sleep episode if that was longer than 180 s [bout duration  $\times$  genotype interactions:  $F(6,78) = 4.34$ ,  $P < 0.01$  and  $F(6,78) = 6.97$ ,  $P < 0.01$ , for dark and light period, respectively; Fig. 4]. Interestingly, by late stage of the disease (17–18 weeks of age), when R6/2 mice had highly fragmented sleep–wake behaviour, the probability of entering REM sleep had returned to relatively normal levels. That is probably because they were more likely to transition into wake than REM sleep.

R6/2 mice produced more bouts of REM sleep during the dark period. R6/2 mice had at least 55% more REM sleep bouts than wild-type littermates at any stages of the disease [genotype:  $F(1,13) = 23.00$ ,  $P < 0.01$ ; Table 1]. In contrast, the mean duration of REM sleep bouts appeared to be similar in wild-type and R6/2 mice [genotype:  $F(1,13) = 1.97$ ,  $P = 0.18$ ; Table 1].



**Figure 1** Normal diurnal variations in sleep/wake states in R6/2 mice were lost progressively with age. The diurnal pattern of wake (A–C), non-REM (NREM) sleep (D–F), and REM sleep (G–I) is shown in wild-type (WT, open symbols) and R6/2 (closed symbols) mice at presymptomatic (9–10 weeks of age; A, D, G), symptomatic (13–14 weeks; B, E, H), and late stages (17–18 weeks; C, F, I) of the disease. The dark period is shown as shaded area. Data are presented as mean  $\pm$  SEM in 1 h intervals. \* $P < 0.05$  compared with wild-type mice (Bonferroni post-test).

Together, these data show that an increased propensity for REM sleep, demonstrated by higher probability of entering REM sleep and increased number of REM sleep bouts, resulted in an increase in REM sleep amount in R6/2 mice during the dark period. Nevertheless, while the initiation of REM sleep is seriously affected in R6/2 mice, the maintenance of REM sleep seems to be normal as shown by the normal duration of REM sleep bouts.

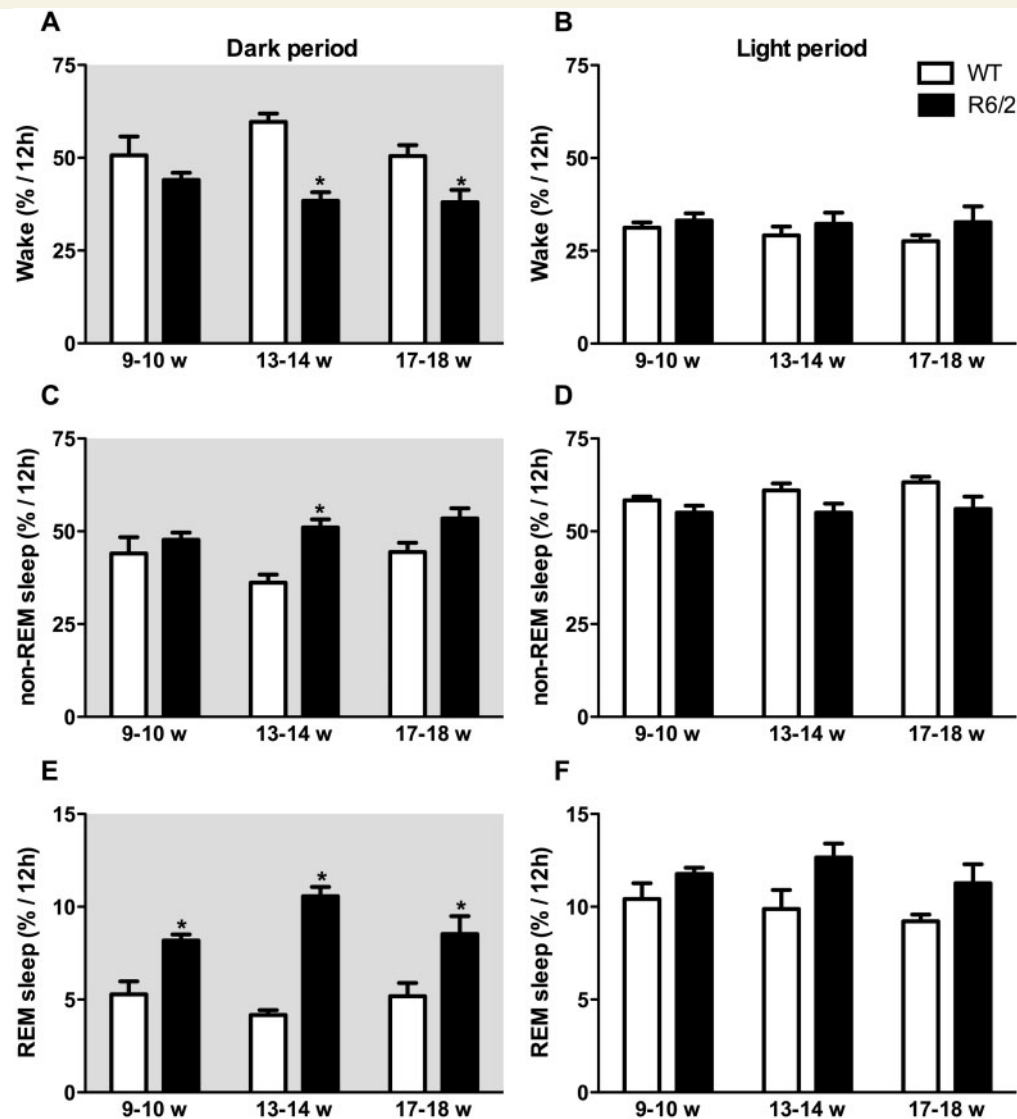
## Huntington's disease mice develop severe abnormalities in their sleep electroencephalogram

In addition to the standard scoring, we performed a spectral analysis of the sleep EEG by means of fast Fourier transformation. This procedure allows a much more sensitive and detailed description of EEG changes than the conventional staging.

Besides alterations in sleep–wake architecture, we found that R6/2 mice also showed profound changes in their sleep EEG. In the frontoparietal region, the peak frequency of REM sleep theta rhythm in wild-type mice was invariantly at 7 Hz (Fig. 5). In

contrast, the theta peak frequency in R6/2 mice gradually shifted from 7 Hz to 6 Hz as their disease progressed (Fig. 5A–C insets). The difference in REM sleep EEG between wild-type and R6/2 mice was already significant by 9–10 weeks of age when no overt symptoms were present in R6/2 mice [frequency  $\times$  genotype interaction:  $F(49,637) = 1.51$ ,  $P < 0.05$ ; Fig. 5A]. The slowdown of theta rhythm in the frontoparietal region became more prominent once R6/2 mice started to show symptoms, namely at 13–14 weeks and 17–18 weeks of age [frequency  $\times$  genotype interactions:  $F(49,637) = 6.41$ ,  $P < 0.01$  and  $F(49,637) = 7.31$ ,  $P < 0.01$ , respectively; Fig. 5B and C].

In addition to the changes in REM sleep theta, R6/2 mice showed a gradual decrease in EEG slow waves during non-REM sleep in parallel with the progression of the disease. These changes were evident from both frontoparietal and frontofrontal EEG recordings (Figs 6 and 7). In the frontoparietal region, the decrease in EEG power in R6/2 mice was restricted mainly to delta frequencies (1–6 Hz) but in the frontal region it was extended up to 16 Hz. This was particularly noticeable after the mice became symptomatic. During REM sleep, we found a similar decrease in the 1–12 Hz range in the frontal region in R6/2 mice (Fig. 8).



**Figure 2** R6/2 mice showed a progressive decrease in the amount of wakefulness with a parallel increase in non-REM (NREM) and REM sleep amount during the dark period. Changes in the percentage of wake (A and B), non-REM sleep (C and D), and REM sleep (E, F) is shown in wild-type (WT, open bars) and R6/2 mice (closed bars) during the dark (A, C and E; shaded area) and light period (B, D and F) at presymptomatic (9–10 weeks of age), symptomatic (13–14 weeks), and late stages (17–18 weeks) of the disease. Data are presented as mean  $\pm$  SEM in 12 h intervals. \* $P < 0.05$  compared with wild-type mice (Bonferroni post-test).

The EEG power in low frequency ranges is several magnitudes higher than it is at high frequencies. Thus to reveal the differences between the groups in higher frequency bands, we normalized the EEG power spectral values of R6/2 mice to the mean power spectral values of age-matched wild-type mice. Compared with wild-type mice, R6/2 mice showed a gradual increase in gamma frequencies (30–40 Hz) across the frontoparietal region irrespective of sleep states (Figs 5 and 6). At the late stage of the disease (17–18 weeks), R6/2 mice had a 2-fold increase in EEG gamma activity, with a peak frequency at 32–34 Hz during both REM and non-REM sleep [frequency  $\times$  genotype interactions:  $F(49,637) = 14.76$ ,  $P < 0.01$  and  $F(49,637) = 14.23$ ,  $P < 0.01$ , respectively; Figs 5F and 6F]. A similar trend can be seen over the frontal region. Note that because in R6/2 mice the entire EEG

spectrum is shifted down compared to that of wild-type mice [frequency  $\times$  genotype interactions:  $F(49,637) = 2.52$ ,  $P < 0.01$  and  $F(49,637) = 4.73$ ,  $P < 0.01$ , for non-REM and REM sleep, respectively], the values in the gamma range are overlapping in the power density spectra of the frontal region (Figs 7F and 8F).

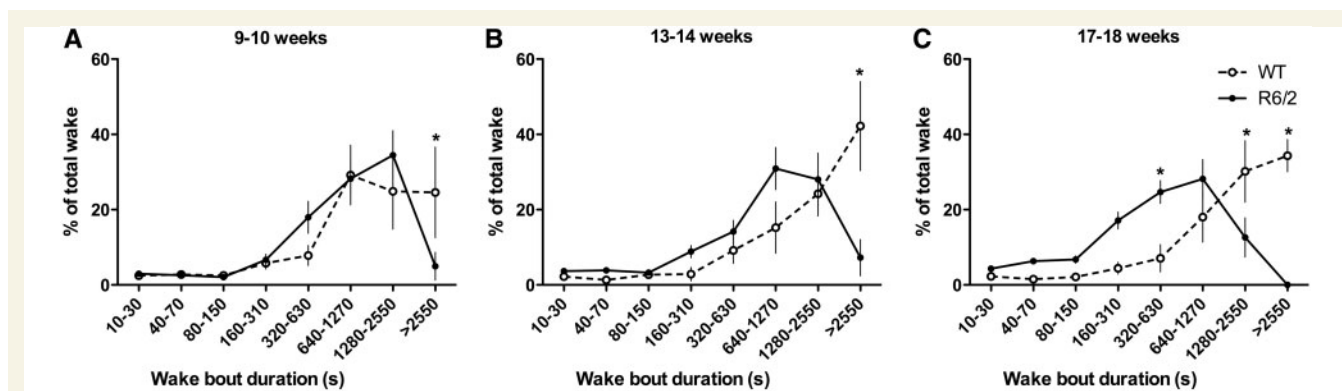
## Discussion

We found that sleep and EEG are significantly disrupted in R6/2 mice, and that these changes were observed at the earliest (presymptomatic) stage of the disease that we measured. Specifically, we found that R6/2 mice progressively lost their normal diurnal variation in sleep/wake behaviour. This was due to a progressive

**Table 1** Vigilance state parameters in R6/2 mice at presymptomatic (9–10 weeks), symptomatic (13–14 weeks), and late stage (17–18 weeks) of the disease and in age matched wild-type littermates

	Wild-type (n = 5)			R6/2 (n = 10)		
	9–10 weeks	13–14 weeks	17–18 weeks	9–10 weeks	13–14 weeks	17–18 weeks
<b>WAKE</b>						
<b>Mean duration (s)</b>						
Dark period	143.20 ± 23.11	257.80 ± 58.35	237.20 ± 53.89	147.50 ± 22.56	108.40 ± 10.99*	81.00 ± 9.20*
Light period	98.80 ± 16.05	115.60 ± 7.43	115.00 ± 11.07	106.30 ± 12.55	86.80 ± 10.30	82.50 ± 10.69
<b>Number of bouts</b>						
Dark period	172.80 ± 34.25	126.00 ± 31.86	104.00 ± 15.40	151.00 ± 21.74	167.70 ± 20.37	245.50 ± 53.56 <sup>#</sup>
Light period	155.60 ± 32.59	108.80 ± 6.41	105.40 ± 7.20	141.90 ± 11.78	187.00 ± 37.95	199.90 ± 44.86 <sup>#</sup>
<b>Non-REM SLEEP</b>						
<b>Mean duration (s)</b>						
Dark period	31.00 ± 3.02	27.40 ± 1.78	36.80 ± 4.60	35.70 ± 3.39	33.50 ± 1.21	32.60 ± 3.61
Light period	36.60 ± 3.17	39.40 ± 6.24	41.40 ± 7.17	36.40 ± 2.97	34.00 ± 1.58	33.00 ± 2.79
<b>Number of bouts</b>						
Dark period	613.80 ± 61.71	563.60 ± 51.26	539.40 ± 67.40	650.20 ± 84.68	660.00 ± 44.89	742.90 ± 65.73
Light period	691.40 ± 50.92	735.80 ± 125.48	748.00 ± 139.73	705.00 ± 74.11	701.30 ± 48.79	771.70 ± 81.02
<b>REM sleep</b>						
<b>Mean duration (s)</b>						
Dark period	30.20 ± 2.01	27.00 ± 3.69	31.20 ± 3.88	36.90 ± 3.78	29.80 ± 0.94	37.40 ± 2.84
Light period	34.00 ± 3.05	33.20 ± 2.11	38.40 ± 5.05	34.90 ± 3.82	29.50 ± 1.39	35.30 ± 2.44
<b>Number of bouts</b>						
Dark period	74.40 ± 8.38	69.00 ± 6.47	73.20 ± 10.38	96.20 ± 11.54	151.30 ± 7.40*	103.20 ± 15.13
Light period	133.60 ± 14.88	129.60 ± 16.13	109.40 ± 14.35	156.70 ± 21.32	184.50 ± 11.92	141.10 ± 16.41

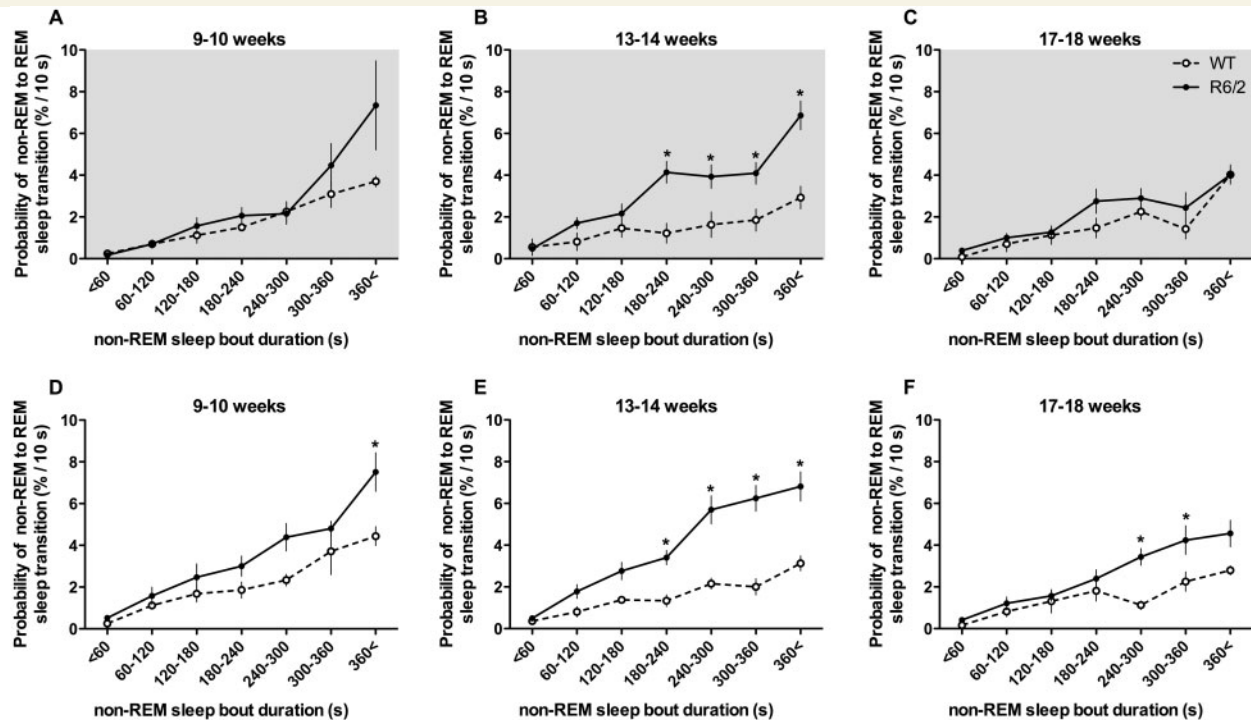
Mean duration, and number of bouts in each state during the dark (active) and light (passive) period. Results shown as mean ± SEM.  $P < 0.05$  compared with control wild-type mice of the same age (\*Bonferroni post-test and <sup>#</sup>F-test).



**Figure 3** R6/2 mice could not sustain long periods of wakefulness. Time-weighted frequency histograms of wake bouts during the dark period as shown in wild-type (WT, open symbols) and R6/2 (closed symbols) mice at presymptomatic (9–10 weeks of age; **A**), symptomatic (13–14 weeks; **B**), and late stages (17–18 weeks; **C**) of the disease. We separated all wake bouts into one of eight bins according to length (< 30, 40–70, 80–150, 160–310, 320–630, 640–1270, 1280–2550 and > 2560 s). The percentage of wake occurring in each bin was measured and presented in a time-weighted frequency histogram as group mean ± SEM. \* $P < 0.05$  compared to wild-type mice (Bonferroni post-test).

decrease in wake amount and an increase in non-REM and REM sleep amount during the dark period. As they aged, R6/2 mice had less wake during the dark period, because they gradually lost their ability to maintain long periods of wakefulness. Furthermore, the propensity for REM sleep increased dramatically in R6/2 mice with age, as shown by an increase in the number of REM sleep bouts and a higher probability of entering REM sleep. Compared with wild-type mice, the total amount of REM sleep during the

dark period was doubled in R6/2 mice at the symptomatic stages of the disease. In addition to the changes in sleep–wake architecture of R6/2 mice, we found considerable alterations in their sleep EEG as the disease progressed. In particular, the peak frequency of theta rhythm during REM sleep was shifted from 7 Hz to 6 Hz, EEG slow wave activity gradually decreased during non-REM sleep, while EEG gamma activity (30–40 Hz) gradually increased during both non-REM and REM sleep in R6/2 mice. These



**Figure 4** Symptomatic R6/2 mice had an increased probability of entering into REM sleep from a non-REM sleep episode. The probability of transitioning into REM sleep as a function of non-REM sleep bout length as shown in wild-type (open symbols) and R6/2 (closed symbols) mice during the dark (A–C) and light (E–G) period at presymptomatic (9–10 weeks of age; A, D), symptomatic (13–14 weeks; B, E), and late stages (17–18 weeks; C, F) of the disease. The absolute probability of transitioning from non-REM into REM sleep for each 10 s epoch of non-REM sleep was calculated and then the weighted average probability for bins of increasing duration (<90, 90–180, 180–270, 270–360 and >360 s) was presented as group mean  $\pm$  SEM. \* $P < 0.05$  compared with wild-type mice (Bonferroni post-test).

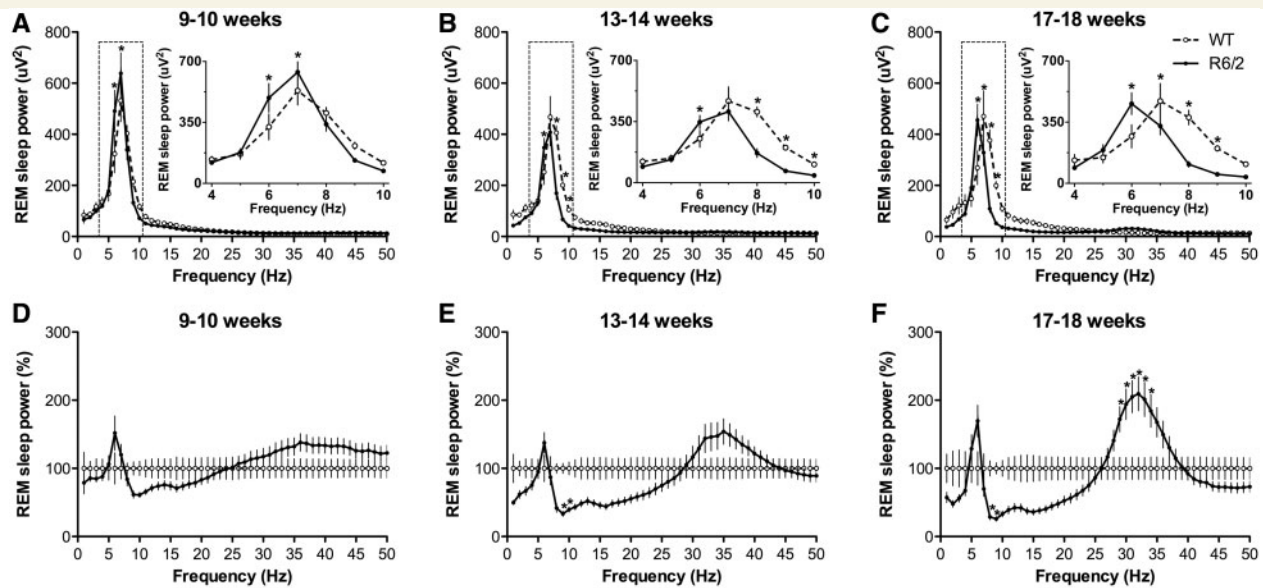
observations provide strong evidence for the presence of serious, progressive sleep and EEG abnormalities in R6/2 mice.

In our study, R6/2 mice showed a gradual decrease in wake with a concomitant increase in both non-REM and REM sleep percentage during the dark (active) period as the disease progressed. Symptomatic R6/2 mice had a highly fragmented sleep–wake behaviour shown by increased number of awakenings and shorter wake bouts. Moreover, non-REM sleep became shallow in these mice during the light (rest) period, as shown by a large reduction in slow wave activity during this stage. Our results are in accord with previously published clinical data showing that patients with Huntington's disease have a tendency for an increased daytime somnolence (Videnovic *et al.*, 2009; Goodman *et al.*, 2010), fragmented sleep–wake behaviour (Goodman *et al.*, 2011), reduced sleep efficiency, and increased stage 1 sleep during the night (Arnulf *et al.*, 2008).

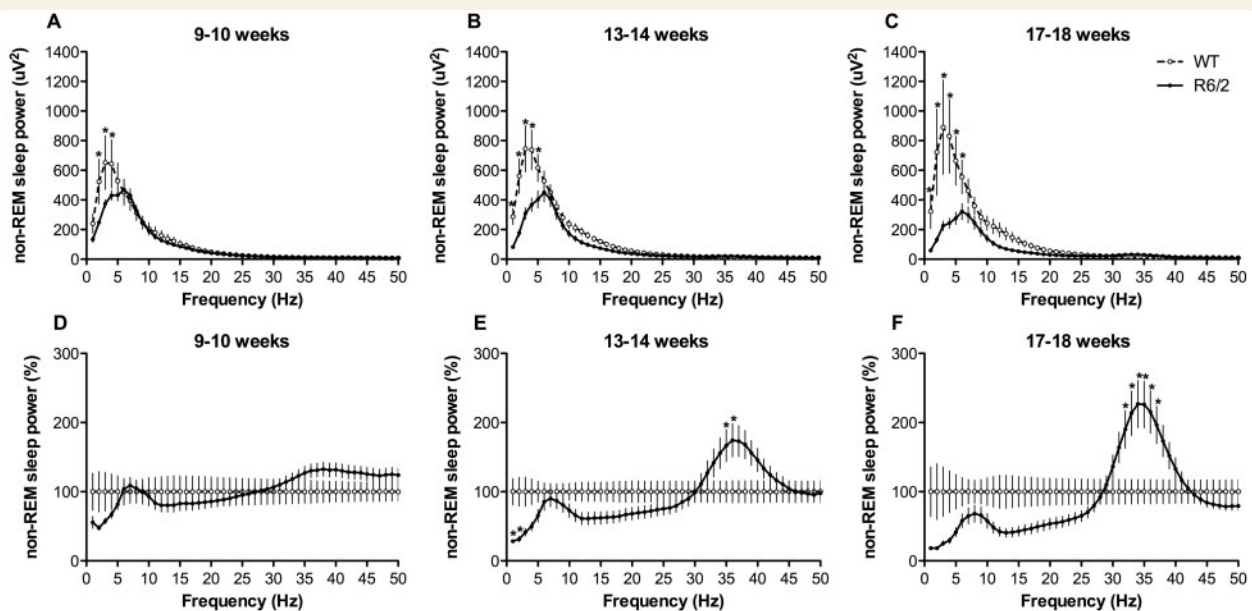
Changes in REM sleep has been reported previously in patients with Huntington's disease, but these results are somewhat inconsistent. For example, Wiegand *et al.* (1991a, b) found no differences between patients with Huntington's disease and controls in any of the REM sleep parameters measured, yet in a subsequent study, polygraphic recordings were made in six patients with Huntington's disease, and reduced REM sleep was found (Silvestri *et al.*, 1995). In a more recent study, in which both medicated and unmedicated patients were included, delayed and shortened REM sleep was found in patients with Huntington's

disease during the night (Arnulf *et al.*, 2008). We found no changes in REM sleep in symptomatic R6/2 mice during the rest period, but found doubled amount of REM sleep during the active period. REM sleep is clearly under strong circadian and homeostatic control (Carskadon and Dement, 1977; Beersma *et al.*, 1990; Benington and Heller, 1994; Dantz *et al.*, 1994; Dijk and Czeisler, 1995; Endo *et al.*, 1997; Wurts and Edgar, 2000; Shea *et al.*, 2008) and both Huntington's disease patients and Huntington's disease mice have disrupted circadian rhythms (Morton *et al.*, 2005). We think that an increased REM sleep during the active period may be a consequence of the disrupted circadian regulation, and that this is more apparent in the mouse (that is a species where sleep occurs anytime during a 24 h period).

As is seen in R6/2 mice, orexin-deficient mice and rats also show an increase in their REM sleep amount during the active period (Chemelli *et al.*, 1999; Hara *et al.*, 2001; Beuckmann *et al.*, 2004; Zhang *et al.*, 2007a, b; Kantor *et al.*, 2009). It has been proposed that circadian regulation of REM sleep is achieved, at least in part, by suppression of REM sleep during the active period by the orexin neurons (Kantor *et al.*, 2009). Although R6/2 mice have a functional orexin system, its circadian activity profile is disrupted and no longer follows that of the suprachiasmatic nuclei (Williams *et al.*, 2011). Therefore, one possibility would be that the incomplete suppression of REM sleep during the active period in R6/2 mice may be a result of an abnormally functioning orexin system.

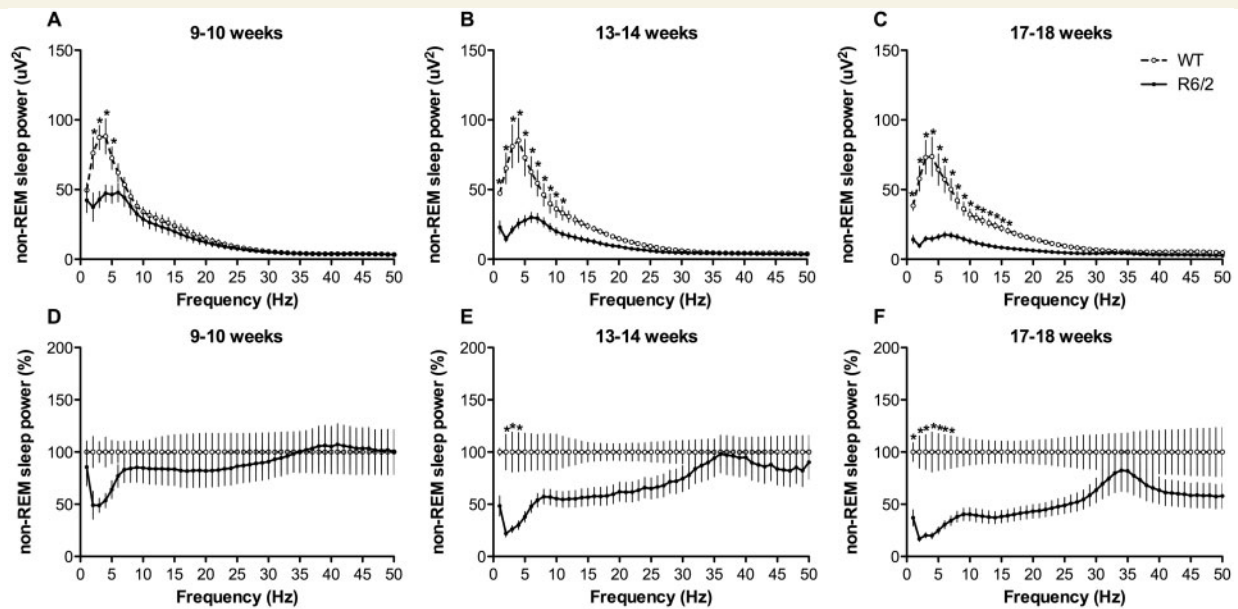


**Figure 5** In R6/2 mice, theta rhythm slowed down whereas gamma activity (30–40 Hz) increased progressively in the frontoparietal region during REM sleep. Changes in absolute (A–C) and relative (D–F) power values of EEG spectra in the frontoparietal region during REM sleep as shown in wild-type (WT, open symbols) and R6/2 (closed symbols) mice during a 24 h period at pre-symptomatic (9–10 weeks of age; A, D), symptomatic (13–14 weeks; B, E), and late stages (17–18 weeks; C, F) of the disease. Enlarged images of absolute EEG power values in the theta band (framed with broken line) are shown in the insets (A–C). The EEG power spectral values of R6/2 mice were normalized to mean power spectral values (100%) of age matched wild-type mice (D–F). Data are shown as mean  $\pm$  SEM in 1 Hz bins. \* $P < 0.05$  compared with wild-type mice (Bonferroni post-test).

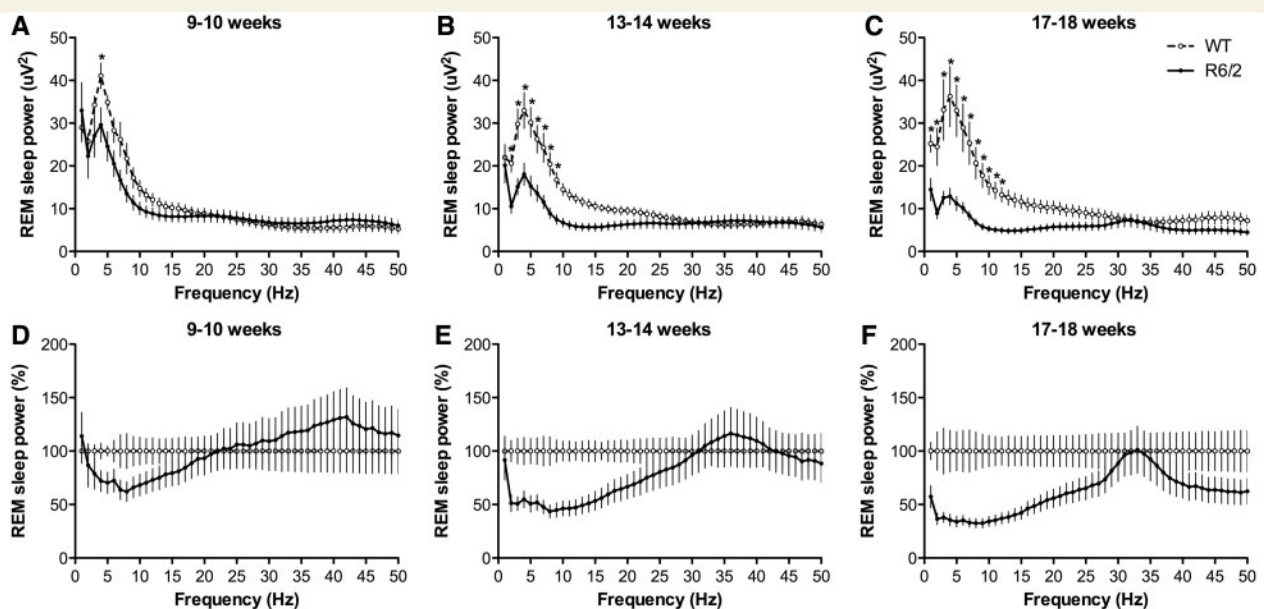


**Figure 6** During non-REM sleep, EEG slow wave activity (1–6 Hz) decreased and gamma activity (30–40 Hz) increased in R6/2 mice in the frontoparietal region. Changes in absolute (A–C) and relative (D–F) power values of EEG spectra in the frontoparietal region during non-REM sleep as shown in wild-type (WT, open symbols) and R6/2 (closed symbols) mice during a 24 h period at presymptomatic (9–10 weeks of age; A, D), symptomatic (13–14 weeks; B, E), and late stages (17–18 weeks; C, F) of the disease. The EEG power spectral values of R6/2 mice were normalized to mean power spectral values (100%) of age matched wild-type mice (D–F). Data are shown as mean  $\pm$  SEM in 1 Hz bins. \* $P < 0.05$  compared with wild-type mice (Bonferroni post-test).





**Figure 7** The power spectrum of the EEG decreased progressively in the frontal region of R6/2 mice during non-REM sleep. Changes in absolute (A–C) and relative (D–F) power values of EEG spectra in the frontal region during non-REM sleep as shown in wild-type (WT, open symbols) and R6/2 (closed symbols) mice during a 24 h period at presymptomatic (9–10 weeks of age; A, D), symptomatic (13–14 weeks; B, E), and late stages (17–18 weeks; C, F) of the disease. The EEG power spectral values of R6/2 mice were normalized to mean power spectral values (100%) of age matched wild-type mice (D–F). Data are shown as mean  $\pm$  SEM in 1 Hz bins. \* $P < 0.05$  compared with wild-type mice (Bonferroni post-test).



**Figure 8** EEG slow wave activity (1–12 Hz) decreased progressively in the frontal region of R6/2 mice during REM sleep. Changes in absolute (A–C) and relative (D–F) power values of EEG spectra in the frontal region during REM sleep as shown in wild-type (WT, open symbols) and R6/2 (closed symbols) mice during a 24 h period at pre-symptomatic (9–10 weeks of age; A, D), symptomatic (13–14 weeks; B, E), and late stages (17–18 weeks; C, F) of the disease. The EEG power spectral values of R6/2 mice were normalized to mean power spectral values (100%) of age matched wild-type mice (D–F). Data are shown as mean  $\pm$  SEM in 1 Hz bins. \* $P < 0.05$  compared with wild-type mice (Bonferroni post-test).

Apart from the obvious fundamental interspecies differences, R6/2 mice lack critical genetic elements that are likely to be important in patients with Huntington's disease. R6/2 mice express only a fragment of the mutant huntingtin gene, thus the natural genomic and protein context of the polyglutamine expansion is lacking (Ehrnhoefer *et al.*, 2009). It is possible that the different genetic construct in R6/2 mice results in opposite changes in sleep in mice and patients with Huntington's disease. Although this seems unlikely, given the progressive disintegration of the sleep–wake cycle and circadian timing in R6/2 mice perfectly mirrors the circadian behavioural abnormalities observed in Huntington's disease (Morton *et al.*, 2005). Future studies will be needed to characterize fully the sleep–wake changes in patients with Huntington's disease, as well as to determine whether a full-length mutant huntingtin is necessary to fully recapitulate the symptoms of the disease in rodents.

We found that the peak frequency of theta rhythm during REM sleep was shifted gradually from 7 Hz to 6 Hz in R6/2 mice as the disease progressed. Although this may seem like a small change, theta rhythm was completely stable in wild-type mice over the 10-week recording period, and it suggests major disruption in neural activity underlying theta oscillation in R6/2 mice. A similar slow-down of theta rhythm has been shown previously in anaesthetized R6/1 mice during REM sleep (Pignatelli *et al.*, 2012) and in patients with Huntington's disease—but not normal healthy subjects—during quiet wake (Bylisma *et al.*, 1994). It has been demonstrated that the neocortical theta rhythm of rodents spreads passively from the underlying hippocampus (Gerbrandt *et al.*, 1978; Kantor *et al.*, 2005). Indeed, theta rhythmicity of field potentials recorded in most cortical areas is thought to have a septohippocampal origin (Holsheimer and Feenstra, 1977). Therefore, it seems most likely that the slowdown in neocortical theta activity that we saw is a reflection of changes in hippocampal activity. The implications of this are interesting and relevant to Huntington's disease. Hippocampal theta rhythm has been associated with learning and memory for over three decades (Berry and Thompson, 1978; Winson, 1978; Berry and Seager, 2001); and a correlation between learning and hippocampal theta has been demonstrated in both experimental animals (Buzsaki, 2002, 2005; Jones and Wilson, 2005) and humans (Caplan *et al.*, 2003; Sammer *et al.*, 2007). Moreover, it has been proposed that hippocampal oscillations during REM sleep in rodents, including theta waves, may serve for the preservation of experience-induced synaptic modifications (Buzsaki, 1998). In R6/2 mice, polyglutamine aggregates in intranuclear and extranuclear inclusions appear early in the CA1 region, and then in neurons of the CA3 field and the dentate gyrus of the hippocampus (Morton *et al.*, 2000). Abnormalities in hippocampal synaptic plasticity are already present by 3 weeks of age (Gibson *et al.*, 2005), and cognitive deficits associated with hippocampal function are measurable by 4 weeks of age (Lione *et al.*, 1999). These data, together with our results, suggest that the slow-down of theta rhythm described by us and others may be the consequence of pathophysiological changes in the hippocampus of R6/2 mice, and are likely to relate to the cognitive decline described previously in these mice.

In our study, R6/2 mice showed a progressive increase in low gamma frequency in the frontoparietal region during both non-

REM and REM sleep. A similar increase in low gamma activity was found recently in the striatum of presymptomatic R6/2 mice during quiet wakefulness, which gradually disappeared as the mice increased their sensorimotor engagement with their environment (Hong *et al.*, 2012). Gamma oscillation is associated with a number of cognitive processes, including perceptual and associative learning, object representation and selective attention (Engel *et al.*, 2001; Gruber *et al.*, 2002; Fell *et al.*, 2003; Buzsaki and Draguhn, 2004). Both Huntington's disease and schizophrenic patients show abnormalities in frontostriatal pathways, perform poorly on tasks of attention and have deficits in executive functioning such as set-shifting abilities, executive planning skills, verbal fluency, verbal memory, and 'social cognition' (Sprengelmeyer *et al.*, 1996; Ho *et al.*, 2003; Snowden *et al.*, 2003; Frith, 2004; Hennenlotter *et al.*, 2004; Brune, 2005; Peinemann *et al.*, 2005; Johnson *et al.*, 2007; Allain *et al.*, 2011). Moreover, schizophrenic patients show increased gamma power during sleep and periods of psychosis (Herrmann and Demiralp, 2005). Interestingly, sub-anaesthetic doses of *N*-methyl-D-aspartate receptor antagonists that induce cognitive impairment, psychosis, hallucinations, and exacerbate symptoms in schizophrenic patients (Krystal *et al.*, 1994; Adler *et al.*, 1998; Newcomer *et al.*, 1999; Hetem *et al.*, 2000), also elicit continuous high-power gamma oscillations (30–80 Hz) lasting for hours irrespective of vigilance states (Pinault, 2008; Kittelberger *et al.*, 2012; Kocsis, 2012a, b). Therefore we speculate that the number and/or sensitivity of *N*-methyl-D-aspartate receptors are progressively changed in the striatum of patients with Huntington's disease, resulting in an altered corticostriatal communication that is accompanied by an increased gamma oscillation.

In summary, we found that sleep and sleep EEG was already disrupted in R6/2 mice by 9–10 weeks of age. These early and progressive sleep and EEG abnormalities could serve as biological markers of Huntington's disease, if they are borne out in humans. Given growing evidence that sleep and circadian changes in Huntington's disease determine the progression of the disease, these experiments may have substantial clinical relevance to people with Huntington's disease. A better understanding of the pathophysiological mechanisms underlying the disease should lead to more effective and rational therapies for Huntington's disease. An adequately treated sleep disorder could make the difference between a patient with Huntington's disease requiring 24 h versus assisted daytime care. The potential for beneficial impact on quality of life and resources is therefore considerable.

## Note added in proof

Similar results in R6/2 mice have been obtained by Fisher *et al.*, "Longitudinal analysis of the electroencephalogram and sleep phenotype in the R6/2 mouse model of Huntington's disease", *Brain*, in press.

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