

## **PARASOMNIAS from REM Sleep**

These parasomnias are usually associated with REM sleep:

### **1. Nightmares**

other terms: dream anxiety attacks, terrifying dream, REM nightmare

usually awaken the sleeper from REM

*long complicated dream, becomes more frightening toward end  
fright or anxiety are essential to this diagnosis*

talking, screaming, striking out, or walking rarely occur  
course:

predisposing factors:

prevalence:

age of onset:

sex ratio:

familial pattern:

PSG features:

differential diagnosis:

### **2. Sleep Paralysis**

*consists of a period of inability to perform voluntary movements at  
sleep onset or upon awakening, either during the night or in the  
morning*

associated features:

course:

predisposing factors:

prevalence:

age of onset:

sex ratio:

familial pattern:

pathology:

PSG features:

differential diagnosis:

## **PARASOMNIAS from REM Sleep (cont.) (p.2)**

### **3. REM Sleep Behavior Disorder (RBD)**

other terms: REM without atonia, acting out of dreams

is characterized by *intermittent loss of the usual REM sleep EMG atonia* and by the appearance of *elaborate motor activity associated with dream content*

associated features:

course:

predisposing factors:

prevalence:

age of onset:

sex ratio:

familial pattern:

pathology:

complications:

PSG features:

differential diagnosis:

treatment: