PERIODIC LIMB MOVEMENT DISORDER  
and “RESTLESS LEGS” SYNDROME

1. **Periodic Limb Movement Disorder**  
   periodic episodes of repetitive and highly stereotyped limb movements  
   (usually in the legs and/or arms) that occur during sleep

   other terms: nocturnal myoclonus, leg jerks, periodic movements in sleep (PMS)
   typically is flexion of big toe, foot and ankle
   can be associated with arousal, with awakening, or neither
   sleeper is usually unaware of these movements (but bed partner is not!)

   relationship to age  
   precipitating factors  
   prevalence  
   causes  
   results of PSG  
   treatment

2. **“Restless Legs” Syndrome**  
   is a disorder characterized by disagreeable leg sensations that usually occur prior to sleep onset and that cause an almost irresistible urge to move the legs

   associated features  
   course of Sxs  
   prevalence  
   age of onset  
   causes & pathology  
   treatment