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:
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: