

REM SLEEP BEHAVIOR DISORDER (RBD)

COMMON SLEEP DISORDERS OF PARKINSON'S

Excessive daytime sleepiness
 Insomnia
 Nightmares
 Nocturia
 Periodic leg movement disorder (PLMD)
REM sleep behavior disorder (RBD)
 Restless leg syndrome (RLS)
 Sleep apnea
 Sleep attacks

SYMPTOMS OF RBD

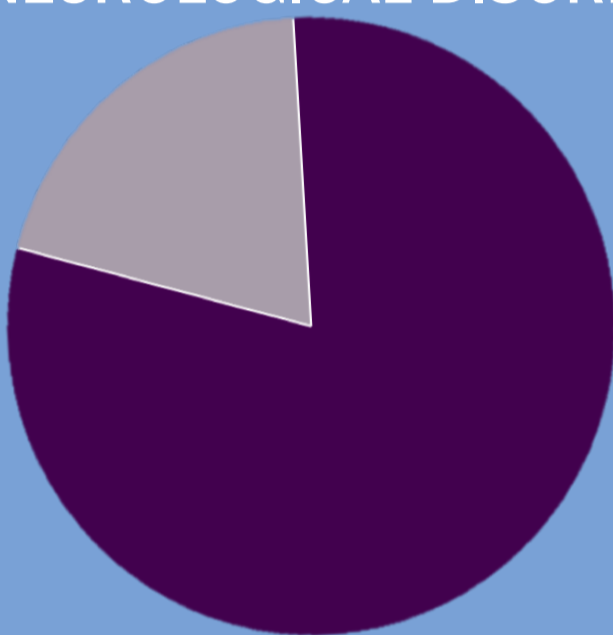
Acting out vivid dreams:

Arm flailing
 Grabbing
 Jumping from bed
 Kicking
 Punching
 Sitting
 Talking
 Yelling



CAN BE DANGEROUS FOR PERSON WITH RBD AND BED PARTNER!

RBD AND DEVELOPMENT OF PARKINSON'S AND OTHER NEUROLOGICAL DISORDERS



There is up to an 80% chance that a person with RBD will develop a neurodegenerative disorder within 10 years of diagnosis (purple section).

WHY IS RBD IMPORTANT TO TALK ABOUT?

- 1 It affects quality of sleep and quality of life of the person with Parkinson's and the sleep partner.
- 2 It could be an early indicator of Parkinson's and other neurodegenerative disorders.
- 3 There is no diagnostic test, so it is up to the person with Parkinson's and/or care partner to tell a doctor about possible symptoms.

TIPS FOR CARE PARTNERS



TALK WITH YOUR PARTNER

Have an open dialogue about sleep symptoms that your partner may not know about.



GO TO DOCTOR'S APPOINTMENTS

Whether you are a partner, child, or parent, going to visits will help doctors have a better understanding of symptoms and how symptoms are progressing.



FIND THE RIGHT SOLUTION FOR BOTH OF YOU

RBD can be dangerous. It may be necessary to get separate beds or other alternative solutions to improve the situation for you and your partner.

IN CLOSING

REM sleep behavior disorder, like other non-motor symptoms of Parkinson's, is not commonly talked about. We can change that and open up the dialogue!



Knowing more about RBD will help keep both people living with Parkinson's and bed partners safe during sleep.

Increasing awareness of RBD could give people with Parkinson's and doctors an early indicator for Parkinson's and other neurodegenerative disorders. This could improve treatment options and early diagnosis for possible future preventative measures.



FURTHER READING

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