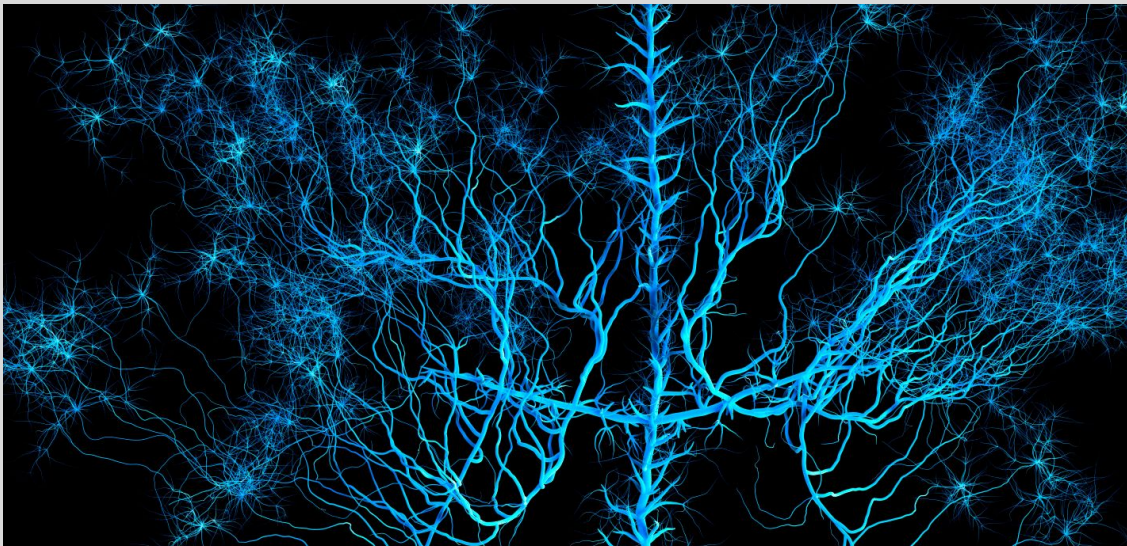


REM

Sleep Disorder

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Summary

Rapid Eye Movement Sleep Disorder occurs in the Rapid Eye Movement stage of sleep. In our sleep, we have different stages of deep sleep. There are four stages of Non-Rapid Eye Movement sleep before Rapid Eye Movement sleep. The first stage of NREM includes the lightest sleep. This is the stage of drowsiness and an EEG is used to measure brain movement. There are low frequencies of theta waves as well. Stage two is a deeper sleep, but not the deepest. This stage has higher amplitude waves, and “sleep spindles”, which is a burst of oscillatory brain activity, that is also visible on an EEG. The third stage has a slew of high amplitudes, less sleep spindles, and delta waves. The fourth stage is the deepest sleep of NREM. It includes delta waves, which are brain waves with a frequency of oscillation, a release of a growth hormone, and more slow wave sleep. The next stage after NREM is REM.

REM is paradoxical sleep. The brain waves are similar to awake waves because the brain is active, but the body is virtually paralyzed. REM sleep cycles lengthen over time, but most of us go through 4-5 cycles of 90 minutes over 7-8 hours of sleep. REM plays an important role in consolidating memories. Since REM sleep can be straining, it

can possibly lead to the sleep disorder, as well as many other diseases such as Parkinson's and dementia.

REM Sleep Disorder is a parasomnia, which involves undesirable events while we are sleeping. This disorder causes patients to act out vivid behaviors as they sleep. Over time, violence can increase. During each episode, shouting, swearing, flailing, grabbing, punching, kicking, or jumping can occur.

Symptoms

Symptoms of this disorder happen while you are in REM sleep. The dreams that people experience are often action filled and can even be violent. In cases they have found that people do the following actions: shouting, grabbing, jumping, running, swearing, punching, leaping, and talking.

This episodes last normally 90-120 minutes and can happen 3-4 times a night. These periods don't normally leave the room, eat, or drink. Sleeping with a partner is not advised when you have this disorder because through research they have found patients could sustain punches, attempt strangulation, and kick. Sleep Education stated *"A man with RBD may dream of playing in a game of football. In this case, he might dive from his bed to catch the winning touchdown pass. He might also dream of being chased by an attacker. This may cause him to leap out of bed to run away. "*

History

REM Sleep Disorder does not have much history because it was only discovered recently. It was originally discovered after the EEG was invented in 1924 by Hans Berger, which measures brain movement.

Research

Doctors Schneck and Mahowald from the American Academy of Sleep Medicine found that 38% of their 29 healthy patients with REM Sleep Disorder developed Parkinson's disease through further research. "We don't know why RBD and PD are linked," says Dr. Mahowald, "but there is an obvious relationship, as about 40% of individuals who present with RBD without any signs or symptoms of PD will eventually go on to develop PD."

Ages

This disorder can be found throughout any age, but is mostly found in older men. Since there is no connection between their dreams and their daily lives. This disorder is caused by a chemical imbalance in your brain.

Frequency

These dreams can occur as often as every night or as rarely as once a month. Since the people most affected are older men, nearly 1% of people suffer from it, with as few as 0.1% of women suffering from it as well. The risk of Parkinson's disease is as high as 50%, but only for people with symptoms and prominent attributes to increase in the future.

Changes in Treatment

Clonazepam and benzodiazepine in 90% of the cases has cured the disorder. One of the best parts of these drugs is that people don't develop a tolerance to it over the years. In some cases they use antidepressants or melatonin to help reduce the violent behavior.

Statistics

<p>A study was conducted with 92 patients and it was found that 64% of the bed partners had suffered from punches, kicks, strangulation, and assault with objects.</p>	<p>Under 1% of people suffer from this disorder</p>
<ul style="list-style-type: none"> - 70% of 18 patients have Multiple System Atrophy - 40% of 18 patients Dementia - 33% of 20 patients have Parkinson's. 	<p>Minnesota Regional Sleep Disorders Center treated more than 200 REM patients and it was effective in more than 80% of them</p>

Citations

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