CLÍNICA VIVALDI · FREE SHEET · SLEEP-WAKE

REM sleep behaviour disorder

Sudden movements during sleep in which the person "acts out" their dreams (hitting, kicking, shouting), with a risk of injury. Requires neurological assessment.

COMMON SIGNS

- Punching or shouting while dreaming
- Remembers the dream if woken
- More common in people over 50

TIPS FOR YOU

1. Assessment by a neurologist or at a sleep clinic
2. Make the area around the bed safe
3. Report any other neurological symptom

FOR FAMILY AND FRIENDS

1. Protect the bed: move objects away and pad the edges
2. Sleep separately if there's a risk of being hit

WHEN TO ASK FOR HELP

1. See a neurologist or a sleep clinic
2. If tremors or stiffness appear

CHECKLIST OF WARNING SIGNS

☐ Moves arms or legs forcefully while asleep
☐ Shouts or talks while dreaming
☐ Seems to "act out" their dreams
☐ Has hurt themselves or hit their partner while asleep
☐ If woken, remembers a violent dream
☐ It happens in the second half of the night
☐ Is over 50
☐ Has noticed changes in sense of smell or movement

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-del-comportamiento-del-sueno-rem
- Spanish Sleep Society: information for patients: https://ses.org.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com