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.

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!

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