

수면다원검사 스코어링의실제: 사건수면과 이상운동



이 서 영

강원대학교 의학전문 대학원 신경과

Real time PSG scoring of parasomnia and abnormal movement

Seo-Young Lee, MD, PhD

Department of Neurology, Kangwon National University College of Medicine, Chuncheon, Korea

Sleep related movement disorders (ICSD-3)

Sleep related movement disorders

- Restless leg syndrome
- Periodic limb movement disorder
- Sleep related leg cramps
- Sleep related bruxism
- Sleep related rhythmic movement disorder
- Benign sleep myoclonus of infancy
- Proprioceptive myoclonus at sleep onset
- Sleep related movement disorder due to a medical disorder
- Sleep related movement disorder due to a medication or substance
- Sleep related movement disorder, unspecified

Isolated symptoms and Normal variants

- Excessive Fragmentary Myoclonus
- Hypnagogic Foot Tremor
- Alternating Leg Muscle Activation
- Sleep starts (Hypnic jerk)

Parasomnia (ICSD-3)

NREM-Related Parasomnias

- Disorders of Arousal (From NREM Sleep)
- Confusional Arousal
- Sleepwalking
- Sleep Terrors
- Sleep Related Eating Disorder

REM-Related Parasomnias

- REM Sleep Behavior Disorder
- Recurrent Isolated Sleep Paralysis
- Nightmare Disorder

Other Parasomnias

- Exsulting Head Syndrome
- Sleep Related Hallucinations
- Sleep onset REM
- Sleep Enuresis
- Parasomnia Due to a Medical Disorder
- Parasomnia Due to a Medication or Substance
- Parasomnia, Unspecified

Isolated Symptoms and Normal Variants

- Sleep talking
- Any stage

Sleep related movement disorders

Periodic Limb Movements (PLM)

PLM during Wakefulness (PLMW); PLM during Sleep (PLMS); PLM disorder (PLMD)

"Nocturnal myoclonus"

- A PLM series
 - ≥ 4 LMs
 - Inter-LM interval: 5~90 sec

Periodic Limb Movement in Sleep Index (PLMSI): number of PLMs/hr of sleep
= 60*number of PLMs/TST (min)

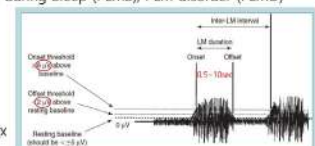


FIGURE 12-2 Criteria for onset and offset of limb movements (LMs). The time of onset is the time at which the amplitude increases 2.5 μV above the baseline resting activity. The end of the LM (offset) is defined as the TST of a period lasting at least 5 seconds during which the LM duration and onset 2.5 μV above baseline (BMS). Adapted from Lavee M, Kohn E, et al. Periodic limb movements of sleep (PLMS): criteria for diagnosis and scoring. In: American Academy of Sleep Medicine (AASM). Textbook of Sleep Medicine, 4th ed. Philadelphia, PA: Elsevier; 2014:111-121.