



정 기 영

서울대학교 의과대학 신경과

Update in REM sleep behavior disorders

Ki-Young Jung, MD, PhD

Department of Neurology, Seoul National University College of Medicine, Seoul, Korea

Rapid eye movement (REM) sleep behavior disorder (RBD) is a sleep disorder characterized by loss of normal muscle atonia during REM sleep with recurrent dream enactment and excessive motor activity. RBD is related to degeneration of critical REM tonic areas in the lower brainstem. Patients with idiopathic RBD are at a high risk of developing neurodegenerative disease, a risk that continues for many years after the first symptoms develop. Clinical characteristics and significance of REM sleep without atonia in the diagnosis of RBD will be discussed.

Key Words: REM sleep behavior disorders, REM sleep without atonia, Dream enactment behavior, Neurodegenerative disease

Ki-Young Jung, MD, PhD

Department of Neurology, Seoul National University College of Medicine, 101 Daehak-Ro, Jongno-Gu, Seoul 110-744, Korea

Tel: +82-2-2072-4988 Fax: +82-2-2072-7424

Email: jungky@snu.ac.kr