REM behavior disorder in myotonic dystrophy type 2

A 63-year-old woman with myotonic dystrophy type 2 and obstructive sleep apnea by polysomnography, not on medications traditionally known to cause REM behavior disorder (RBD), had dream-enacting behavior (DEB). Overnight continuous positive airway pressure titration captured an episode of DEB with clear recall (video on the Neurology® Web site at www.neurology.org). There was absence of muscle atonia and excessive phasic muscle bursts during REM, confirming RBD (figure).

RBD, commonly seen with neurodegenerative diseases, particularly synucleinopathies, has not been described in myotonic disorders, making this a novel presentation. We speculate that RBD may have resulted from brainstem involvement of her multisystem generalized membrane disorder.

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