Teaching Video *NeuroImages*: Daytime sleepiness and automatic behavior due to severe restless legs syndrome

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A 76-year-old man complained of daytime sleepiness and frequent arousals from sleep due to a sense of whole-body restlessness, followed by automatic frequently injurious behavior. A video-polysomnography revealed periodic leg movements (figure) and arousal followed by sleep episodes while standing, rhythmic marching, and falling (videos 1 and 2 on the *Neurology*[®] Web site at Neurology.org). A reevaluation of his history revealed symptoms compatible with restless legs syndrome (RLS). Rotigotine¹ proved very effective, supporting the diagnosis of RLS. Periodic leg movement disorder leading to sleep-related rhythmic movement disorder could also be considered. Automatic behavior denotes severe sleep deprivation² and may represent a non-REM parasomnia. Severe RLS may present with automatic behavior complicating its diagnosis.

AUTHOR CONTRIBUTIONS

Anastasios Bonakis: drafting the manuscript, study concept, analysis or interpretation of data. Aggeliki Konsta: acquisition of data, interpretation of data. Dimitris Dikeos: drafting/revising the manuscript.

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DISCLOSURE

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Figure Hypnogram of the video-polysomnography

Severe sleep fragmentation due to periodic limb movements (purple dots and lines) in the context of restless leg syndrome. LM = limb movements; N1 = sleep stage 1; N2 = sleep stage 2; N3 = slow wave sleep; PLM = periodic leg movements; R = REM sleep; W = wake.

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