

Sleeping Disorder - A Sign of Brain Disease

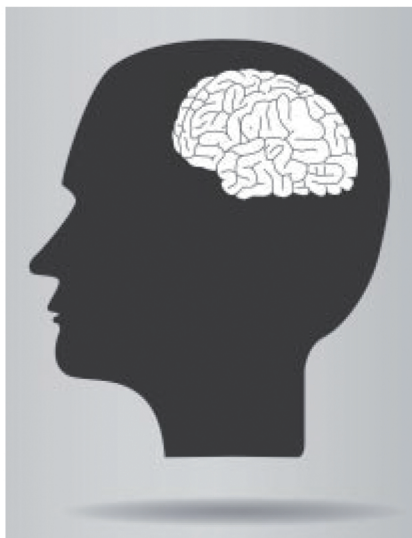


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Reading

A sleeping disorder that causes people to act out their dreams would indicate brain disease in the future, study says.

Researchers led by Associate Professor John Peever of the University of Toronto found that rapid eye movement sleep behavior disorder (or REMBD) is the most accurate predictor of brain diseases like Parkinson's disease, dementia, and Alzheimer's disease. Those who are diagnosed with REMBD does activities such as kicking, hitting, yelling, or jumping out of bed even when asleep. According to Peever, 80 to 90 percent of people experiencing REMBD may develop neurodegeneration, which causes brain diseases. Neurodegeneration first affects the areas of the brain that control sleep. Soon after, it affects areas concerned with brain diseases. Most of the people diagnosed with REMBD are older males, especially those who are over 50 years old.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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