

Table 2**Differentiating sleep-related hypermotor epilepsy (SHE) from parasomnias**

Key points in the history⁴	SHE^{2,4}	NREM parasomnias^{2,4}	REM parasomnias (REM sleep behaviour disorder)⁶
When do the events occur?	Any time, but predominately within 30 minutes of sleep and soon before waking	1-2 hours after falling asleep, predominately in the first third of sleep	Final third of sleep
How many events occur during one night?	3-8 events or more - Clustering common	1-2 events - Clustering uncommon	1-6 events - Clustering uncommon
Does the patient remember anything about the event afterwards?	Yes	No	Yes
What does the patient do during the event?	- Utters single noninteractive words or brief phrases - Semi-purposeful stiffening and dystonic posturing, bipedal cycling, stays in bedroom - Eyes open	- Complex interactive speech - Complex, non-dystonic, interactive behaviours, can leave bedroom - Eyes open	- Variable vocalisations with dream recall - Noninteractive complex and violent oneiric behaviours, stays in bedroom - Eyes closed
How long do the events last?	1-2 minutes - Rapid onset, rapid offset	2-30 minutes - Gradual onset, gradual offset, waxing and waning	- Seconds to 2 minutes - Rapid onset, rapid offset
When did the events start?	Any age, usually adolescence to 50 years	First decade, peak age 5 to 10 years	50 years and older
Are the events always the same?*	Highly stereotyped	Not stereotyped	Not stereotyped

*Witness descriptions can confound stereotypy either in favour of typically stereotyped events appearing or recalled as different, or typically non-stereotyped events appearing or recalled as the same