Table 1

Screening questions for REM sleep behaviour disorder (RBD) from the Mayo Sleep Questionnaire[14]

Have you ever seen the patient appear to act out his/her dreams while sleeping? (Punched or flailed arms in the air, shouted or screamed). If the caregiver answers in the affirmative, it is likely that RBD is present. More information should then be gathered.

If yes:

- How many months or years has this been going on?
- Has the patient ever been injured from these behaviours (bruises, cuts, broken bones)?
- Has a bed partner ever been injured from these behaviours (bruises, blows, pulled hair)?
- Has the patient told you about dreams of being chased, attacked or that involve defending himself/herself?
- If the patient woke up and told you about a dream, did the details of the dream match the movements made while asleep?