

## **Periodic Limb Movement Disorder (PLMD)**

PLMD refers to involuntary movements of the legs and arms during sleep. These movements cause arousals and sleep disturbances. PLMD is more common in people who have kidney disease or narcolepsy. Individuals with PLMD may also experience Restless Legs Syndrome

### **What Are the Symptoms of PLMD?**

Symptoms of PLMD are usually leg movements with the extension of the big toe in combination with a partial flexing of the ankle, knee, or hip. Movement of the legs is more typical than movement of the arms. It can often cause a partial or full brief awakening, resulting in fragmented sleep. Patients are frequently unaware of these movements.