

Paroxysmal hypnogenic dyskinesia



A 13-year-old girl presented with abnormal movements occurring during sleep, consisting of stiffening of the limbs bilaterally and random flailing of the arms and legs lasting less than 1 minute several times per night (video on the *Neurology*[®] Web site at Neurology.org). Daytime episodes were reported, but rare. After workup, she was given a diagnosis of paroxysmal hypnogenic dyskinesia (PHD), was started on oxcarbazepine, and became free of episodes. PHD typically occurs during non-REM sleep¹; spells are short in duration but may cause fragmented sleep. There is no established treatment and medical management is based on treatment of other more common paroxysmal dyskinesias.

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**Supplemental data
at Neurology.org**

1. Benbir G, Senturk A, Tan F, Karadeniz D. Polysomnographic recording of a child with paroxysmal hypnogenic dyskinesia and NREM parasomnia. *Sleep Med* 2013;14:215–216.

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