

Bedtime-related jerks in the upper limbs associated with restless arms syndrome



A 73-year-old man complained at bedtime of “electric shock” sensations, corresponding to myoclonic-like jerks, observed solely in both arms, causing severe insomnia. These involuntary movements appeared at rest and were accompanied by an urge to move that relieved symptoms (video on the *Neurology*[®] Web site at Neurology.org). To date, few observations have been reported on arm restlessness and periodic movements of the upper limbs.^{1,2} This variant shares common features with restless legs syndrome and periodic limb movement disorder, such as therapeutic response to dopaminergic agonists. Clinicians should be aware of restlessness of the upper limbs, which likely remains underdiagnosed and requires appropriate therapeutic management.

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Supplemental data
at Neurology.org

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