



# More Than a Dream.

## Understanding the Connection Between Acting Out Dreams and Brain Health

Some people act out their dreams while asleep. They may talk, yell, flail, punch, or kick. Some people may even get out of bed or fall on the floor. This is called **REM sleep behavior disorder** or RBD.

A landmark study is examining the connection between RBD and brain health. The Parkinson's Progression Markers Initiative (PPMI) is accepting new volunteers who have this sleep disorder.



Parkinson's  
Progression  
Markers  
Initiative

[michaeljfox.org/ppmi](https://michaeljfox.org/ppmi)

Not everyone with RBD goes on to develop Parkinson's disease (PD). But studies have shown that RBD can be one of the first symptoms of PD, happening years before other physical symptoms. Learning why some people with RBD develop PD, and others do not, is a critical step on the path to prevention.

Studying people with RBD may provide important clues about the earliest signs of PD. And this work could one day lead to better tests for PD, improved diagnosis, and new treatments to prevent it.



## People who act out dreams while asleep may be eligible.

You must be 60 years or older to join PPMI at a clinical site.

**PPMI is an observational study sponsored by  
The Michael J. Fox Foundation for Parkinson's Research.  
It does not test a new therapy or intervention.**



**Speak with our study staff to find out how you can participate  
and learn more about PPMI at [michaeljfox.org/ppmi](https://michaeljfox.org/ppmi).**

If you choose to enroll, the study staff will assist you with the screening process and what to expect.



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