# Article information:

Acting Out Dreams Predicts Parkinson's and Other Brain Diseases - Scientific American  
<https://www.scientificamerican.com/article/acting-out-dreams-predicts-parkinsons-and-other-brain-diseases/?utm_source=pocket-newtab>

# Article summary:

1. Acting out dreams is a disorder that occurs during the REM phase of sleep, and is linked to neurodegenerative diseases such as Parkinson's and Lewy body dementia.

2. RBD is more commonly reported in older adults, particularly men, and can be triggered by certain drugs or caused by other underlying conditions.

3. Awareness of RBD and its connection to synucleinopathies has grown in recent years, giving researchers ideas for early intervention.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article “Acting Out Dreams Predicts Parkinson’s and Other Brain Diseases” from Scientific American is generally reliable and trustworthy. The article provides a comprehensive overview of the disorder known as RBD (REM Sleep Behavior Disorder), its potential causes, its link to neurodegenerative diseases such as Parkinson’s disease, Lewy body dementia, and multiple system atrophy, as well as the potential for early intervention through awareness of this disorder. The article also includes personal anecdotes from actor Alan Alda about his experience with RBD which helps to illustrate the importance of recognizing this disorder in order to get an early start on managing any associated diseases.

The article does not appear to have any major biases or one-sided reporting; it presents both sides equally by providing information on alternative explanations for RBD (such as drugs or underlying conditions) as well as discussing the potential risks associated with it. It also provides evidence for its claims in the form of epidemiological studies that suggest a strong correlation between enacted dreaming and future neurodegenerative disease. Additionally, it cites James Parkinson’s original description of the shaking palsy from 1817 which further supports its claims about the link between RBD and neurodegenerative diseases.

In conclusion, this article appears to be reliable and trustworthy overall; however, readers should keep in mind that there may be some missing points of consideration or unexplored counterarguments that could affect their understanding of this topic.

# Topics for further research:

* RBD diagnosis criteria
* Neurodegenerative diseases associated with RBD
* Early intervention for RBD
* RBD drug treatments
* RBD epidemiological studies
* James Parkinson's shaking palsy

# Report location:

<https://www.fullpicture.app/item/8e0058c43658bcf924b054457ede7127>