

Left-handed people more likely to have sleep disorder

October 24 2011

The presence of rhythmic limb movements when sleeping, which may vary in intensity, may be an indicator of periodic limb movement disorder (PLMD).

In a study of 100 patients with PMLD, presented at CHEST 2011, the 77th annual meeting of the [American College of Chest Physicians](#) (ACCP), researchers from Toledo, Ohio divided the patients into those who were right-handed and those who were left-handed.

Of the 84 right-handed and 16 left-handed patients, 69% of right-handed patients had bilateral limb movements compared with 94% of left-handed [patients](#), irrespective of age, sex, and race.

Their findings indicate that left-handed people have significantly higher chances of having bilateral limb movements, indicating the potential for PLMD.

Provided by American College of Chest Physicians

Citation: Left-handed people more likely to have sleep disorder (2011, October 24) retrieved 25 April 2024 from <https://medicalxpress.com/news/2011-10-left-handed-people-disorder.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--