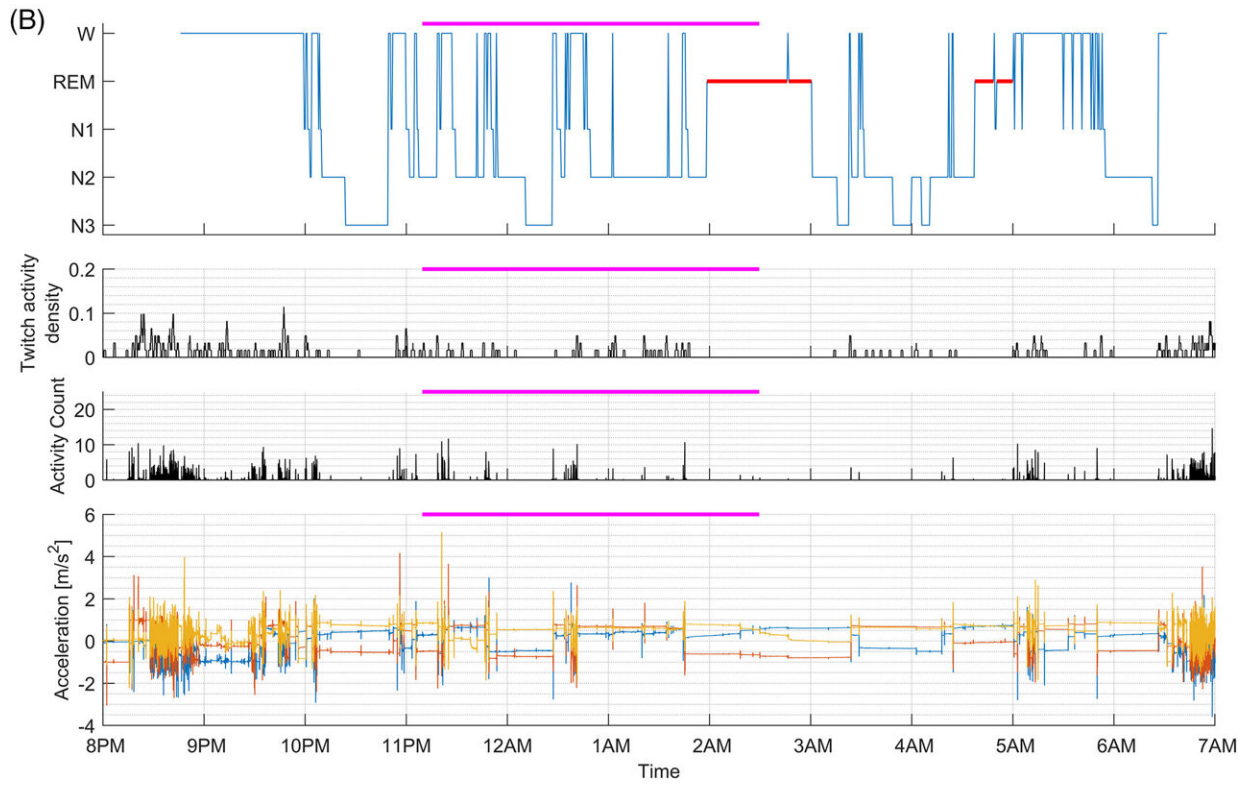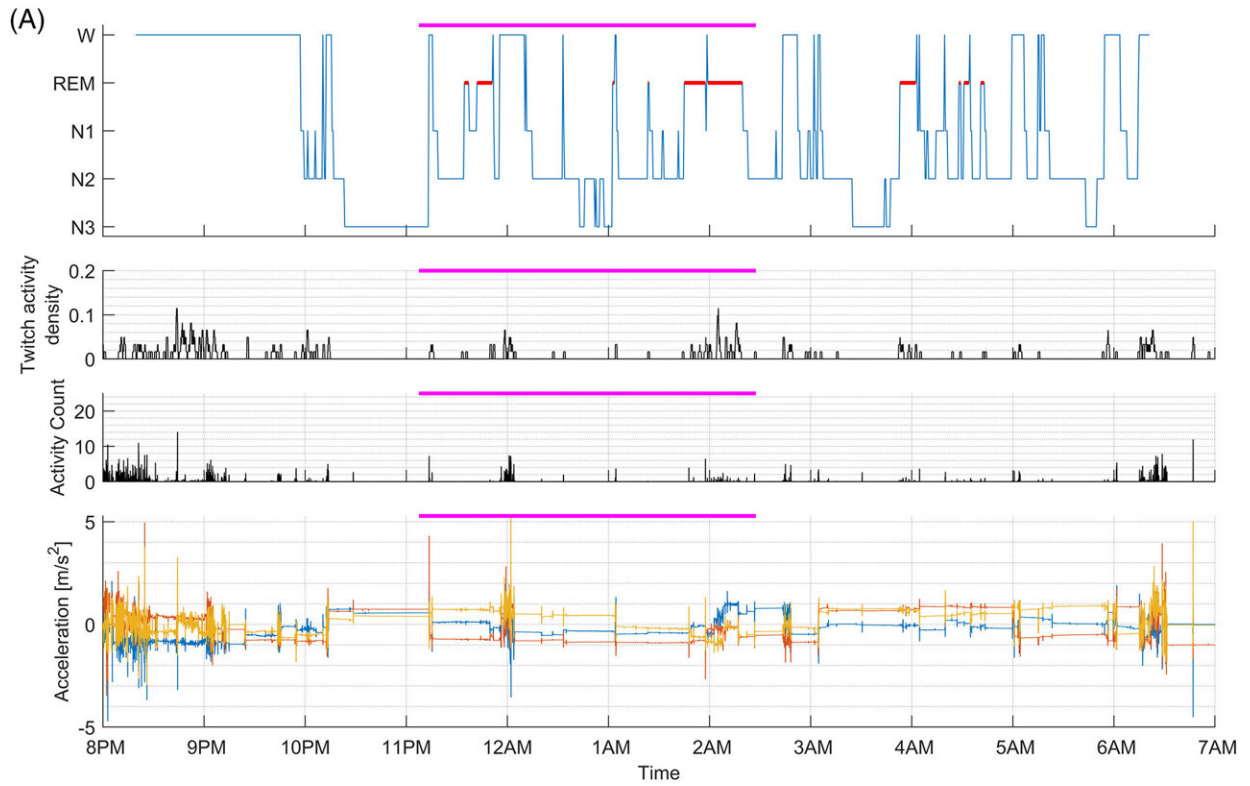# Researchers develop one of the first sleep screening methods using wearables to predict, detect Parkinson's onset

February 14 2023

Concurrent actigrams and hypnograms recorded during an in-lab video-

polysomnography in participants with and without isolated RBD. The data displayed are from (A) 1 iRBD patients and (B) 1 control. The magenta line marks the "probable REM sleep" window (70–200 minutes after estimated sleep onset). The density of twitch activity is visualized by applying a moving average filter of 61 seconds to events of isolated activity counts