

Left-handed people more likely to have sleep disorder

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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 PLMD, 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

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