



**Dipartimento di Scienze Mediche e Sanità Pubblica**  
Direttore: Prof. Luca Saba

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**Research topic:**

Multimodal neurophysiological characterization and risk of phenoconversion into alpha-synucleinopathy in isolated REM sleep behaviour disorder

**Abstract:**

REM sleep behavior disorder (RBD) is an important prodromal marker of alpha-synucleinopathies, such as Parkinson's disease (PD). Longitudinal studies identify risk factors such as advanced age, hyposmia, mild cognitive impairment, autonomic dysfunctions, and REM sleep without atonia (RSWA). This project aims to identify early neurodegeneration markers in patients with isolated RBD (iRBD), comparing them with individuals with overt alpha-synucleinopathies and healthy controls. The multidisciplinary approach includes clinical, cognitive, and neurophysiological analyses, integrating innovative techniques to identify biomarkers useful for early diagnosis.