

### **Female with numbness and fatigue**

A 37-year-old woman developed sleep-onset problems during a stressful period at work. After 3 months she also noticed transient and a week later permanent numbness of her left arm and left foot. Her sleep problems worsened and she started to wake up around 3:30 am without being able to go back to sleep.

Diagnostic workup included MRI of the brain and spine as well as CSF testing. Polysomnography was performed because the sleep complaints presented refractory to medical and behavioral treatment and severe fatigue, especially from noon onwards, rendered her unable to go to work or cope with her daily activities.