

PRINCIPLES OF SLEEP HYGIENE:

Practicing principles of sleep hygiene may help to improve one's sleep to a great degree. Before initiating other treatments, physicians should educate patients about these principles.

- Regulate the sleep wake cycle
- Go to bed and wake regularly at a fixed time even on the weekends
- Regulate the amount of sleep obtained each night
- Exercise daily and regularly but not in the late evening.
- Sleep in a quiet and comfortable environment.
- Avoid alcohol and nicotine.
- Avoid caffeinated beverages in the evenings.
- Do something relaxing before the bedtime

One of the other factors that may help you sleep better is a healthy diet along with a healthy weight. Don't go to sleep hungry or after a full meal and don't take fluids before going to bed so that bathroom trips at night are avoided.

WHAT SLEEPING STRATEGIES CAN I USE?

Take a short nap daily in the afternoon but make sure this nap is no longer than 45 minutes or else it may interfere with your night time sleep.

Make sure your bedroom is quiet and comfortable. Use your bed for sleeping and avoid reading while in bed. Use a firm mattress and a soft pillow as it can be adjusted easily. You should wear comfortable and loose clothing. Sleep on your side. You should consider sleeping on a separate bed if sharing a bed with your partner prevents you from getting a good night's sleep.



DID YOU KNOW?

The number of Parkinson's patients will double by 2031. Millions of Parkinson's patients around the world are suffering from poverty and...

- Cannot afford to buy their medications
- Cannot afford to purchase a cane, walker, or a wheelchair
- Cannot obtain educational literature about Parkinson's in their language
- Are not able to afford consulting a neurologist and remain undiagnosed and untreated

OUR UNIQUE SERVICES

World Parkinson's Program is the only organization which provides the following unique services to Parkinson's patients around the world:

- Parkinson's medications to those patients who can't afford to buy them
- Canes, walkers & wheelchairs to prevent falls
- Parkinson's educational brochures in many languages
- Free electronic educational newsletter
- Chapters of World Parkinson's Program in various parts of the world

JOIN THE FIGHT AGAINST PARKINSON'S

TO DONATE, VISIT PDPROGRAM.ORG

This information is not a substitute of medical advice. Consult your Physician before applying this information.

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Frequently asked questions about **PARKINSON'S DISEASE & SLEEP PROBLEMS**



ENGLISH - 5



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"Those who fight Parkinson's with knowledge always find solutions"- Dr. Rana

Parkinson's disease is a progressive neurodegenerative condition characterized by tremors, slowness of movements, stiffness, and balance problems. In addition, Parkinson's has many non-motor symptoms such as memory or cognitive issues, speech and swallowing problems, depression, and sleep difficulties. It affects almost 10 million individuals around the world.

DOES PARKINSON'S CAUSE SLEEP DISTURBANCES?

Sleep disturbances are not uncommon in Parkinson's. Patients with Parkinson's may experience difficulty falling asleep at the night time after going to bed or have multiple awakenings during the night with difficulty falling back to sleep again. Poor night time sleep not only causes excessive daytime sleepiness but also affects the day time functioning.

On the other hand, if you have Parkinson's, a good night's sleep can help you better cope with your symptoms. Some patients may notice improvements of their symptoms for a period of time after waking.

WHAT CAUSES SLEEPING PROBLEMS?

Besides Parkinson's, the following conditions may cause sleep problems:

- Sleep disorders (e.g. Sleep apnea)
- Stress, depression and anxiety disorder
- Overuse of caffeine or nicotine
- Pain and sensory symptoms
- Hallucinations and agitation
- Difficulty turning in bed
- Cramping of muscles
- Increased need to urinate
- Restless legs syndrome (RLS)
- Some of the medications

Selegiline, a medication used for Parkinson's may act as a CNS (central nervous system) stimulant and cause difficulty falling sleep if taken in the evening, so the last dose of this medication should be taken in the early afternoon.

TYPES OF SLEEP PROBLEMS IN PARKINSON'S

Difficulty Falling Asleep

Difficulty falling asleep at bed time, and multiple awakenings with difficulty falling asleep, or sleep fragmentation may disrupt the patient's sleep-wake cycle and lead to poor quantity and quality of sleep, which can in turn cause excessive daytime sleepiness. Sleep fragmentation and insomnia with multiple awakenings during night is more common than initial insomnia in Parkinson's disease.

Excessive Daytime Sleepiness (EDS)

About 30% of Parkinson's patients may experience excessive daytime sleepiness sometime in the course of Parkinson's disease. Sleeping medications taken at bedtime may have their sedating effects during the day. Restless legs syndrome may also prevent patients from falling asleep until late at night, and may interrupt their whole sleep-wake cycle and thus cause excessive daytime sleepiness. Furthermore, patients with sleep problems should be screened for depression, since changes in sleep pattern may be a symptom thereof and a consequent treatment might improve the patients' sleep patterns.

REM Sleep Behavioral Disorders (RBD)

This sleep disorder is more frequent in patients with Parkinson's than general population. The REM behavioural sleep disorder may start many years before Parkinson's disease and other types of Parkinsonism. REM sleep behavioural disorders include jerking with involuntary limb or body movements during sleep that may be related to dream content.

The patients with REM sleep behavioural disorders are usually reported by their spouse. The spouse may report that patients were trying to choke, punch, or hit them during sleep, or have episodes of shouting, grunting, and disruptive behaviour. These patients may be enacting on their dreams. An overnight sleep study may be required to diagnose this problem.

HOW CAN I DETERMINE THE CAUSE OF MY SLEEP PROBLEM?

In order to find the exact cause of your sleep problem, you may need to observe your sleeping routine closely. One thing you should pay close attention to is the time at which you fall asleep.

Do you fall asleep while in company with other people, watching television, before or during your mid-day meal, riding in the car or when reading?

Another aspect of your sleep routine to note down is the quantity and quality of your sleep at night. This includes the time at which you go to bed and wake up in the morning, the duration of time it takes for you to fall sleep, and the amount of sleep you get, whether you take something in order to fall sleep and how many times you wake up during the night. In particular, note the number of times you wake up to urinate.

Parkinson's may cause frequent urination at night time. However, similar symptoms could be due to prostate problems, and some other medical conditions. This may interfere with your sleep. If you are experiencing this problem, you should discuss this information with your physician so he/she can give you advice to help you.