

SLEEP DISORDERS IN PARKINSONS DISEASE

COMMON PROBLEM – 80% prevalence

REASONS:

- Neurochemical changes

- Drug effects

- Mood Disorders

- Change in circadian pattern

- SLEEP MAINTENANCE INSOMNIA
 - Awakenings during the night or waking too early in the morning
 - Most common problem
 - May precede the diagnosis of PD
 - May be due to stiffness – akinesia
 - Associated with mood disorders
 - Needs to be treated
 - Medication
 - behavior

- SLEEP WALKING – TALKING - DREAMS
 - Simple motor: arm/leg movements
 - Vocalizations
 - Vivid dreams
 - REM behavior disorder – sleep walking
 - May not be aware of episodes
 - May cause daytime sleepiness
 - Treatment if it bothers you: medication
 - Separate bedrooms or earplugs if behavior bothers your bedpartner

- DAYTIME SLEEPINESS
 - Poor nocturnal sleep
 - Medicine effect
 - Dopamine agonists
 - Levodopa
 - Lack of daytime activity

- SLEEP APNEA
 - Snoring all positions
 - Morning sore/dry throat
 - Bedpartner notes apnea – stop breathing
 - Daytime sleepiness
- RESTLESS LEG SYNDROME
 - Urge to move
 - Evening
 - Occurs when inactive

1. GOOD SLEEP = HEALTHY & HAPPY LIFE
2. YOU NEED EIGHT HOURS OF SLEEP EACH DAY.
3. YOU DON'T NEED TO GET ALL OF YOUR SLEEP AT NIGHT.
4. DAYTIME ACTIVITY WILL IMPROVE SLEEP

5. YOUR BLADDER DOES NOT WEAR A WATCH

6. SLEEP HYGIENE

- Routine, routine, routine
- No caffeine
- No nightcaps
- Do not look at the clock during the night