

# **INSOMNIA AND SLEEP WORKSHEET**

Trouble falling asleep and staying asleep are very common in people living with Parkinson's. This worksheet provides a range of strategies for preparing your body for rest and for giving yourself the best possible sleep environment. Take a good look at your sleep routine using the list below. Note habits you'd like to change, and decide which recommendations you will incorporate into your routine in the future. Talk to your doctor about sleep concerns you may have, as well as strategies you've tried to improve your sleep.

## **Sleep Hygiene**

- Remove TV, computers, tablets, cellphones and other technology devices from your bedroom. Keep the room dark and use night lights that can easily be turned on, such as motion-activated lights that will turn on when you walk to the bathroom.
- Establish a routine: go to bed and get up the same time each evening and morning.
- Avoid intense TV shows, video games or anxiety-provoking activities before bed. This is not the time to pay your bills! Try relaxing music, gentle stretching, aromatherapy, meditation and massage before bed.
- Avoid bright lights and screens at night. Many computers, tablets, smartphones and other devices have "blue light reduction" options you can either activate or download to reduce the impact of the specific light of computer screens that can keep you awake.

## **Dietary Changes**

- Avoid stimulants such as caffeinated drinks after 3:00 p.m. Avoid alcohol completely or limit to one glass.
- Avoid heavy, starchy meals or snacks before bed. Try foods with tryptophan, such as poultry and milk.

## **Lifestyle Changes**

- Take a warm bath to relax before bedtime.
- Limit catnaps during day to 10 to 20 minutes before 3:00 p.m.
- Avoid exercise at night, but do exercise daily.

## ► **Bed Comfort**

- Use silk or satin pajamas or sheets if you have trouble turning.
- Consider a sturdy, secure headboard that you can use to help turn over in bed.
- Examine your mattress. Has it seen better days?
- An occupational therapist can also help with bed comfort.

## **Treatment**

- See your doctor to optimize motor control and Parkinson's medication.
- Depression, anxiety, pain, restless legs syndrome, vivid dreaming, incontinence and sleep apnea can be treated. Discuss with your doctor.
- A sleep study may be needed to diagnose sleep apnea if you snore.
- Sleep medications can cause daytime sleepiness, confusion and weakness. You may not need them if you develop good sleep habits.