

## **Sleep Disturbances and Parkinson's Disease:**

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Sleep is absolutely essential to good health, however majority of people with Parkinson's disease often find it difficult to get a good night's rest.

Sleep-related problems may occur early and even predate the diagnosis of Parkinson's disease but are generally more frequent and more severe in patients with advanced PD. These problems can seriously compromise a patient's quality of life and lead to impaired functioning in daily activities.

Community-based studies have reported upto 60% of patients with PD have sleep problems, compared with 33% of healthy controls of the same age and sex distribution.

Sleep Disturbances can present as **night-time sleep disruption** or **excessive day-time sleepiness**.

Difficulty falling asleep, staying asleep or unrefreshed sleep and excessive daytime sleepiness can result from various causes and must be evaluated in depth.

**The first step in dealing with your sleep problem is to get help finding out what the root cause is.**

Sleep disturbances may be grouped into the following categories;

**Insomnia, Motor Related Sleep Disturbances, Excessive Daytime Sleepiness, Sleep Related Breathing disorders, Circadian Rhythm abnormalities and Neuropsychiatry Problems,**

### **Insomnia:**

#### **Sleep-onset insomnia**

- Between 40 and 90% of PD patients experience insomnia or difficulty falling and staying sleep. Most of these individuals do not feel refreshed after awakening from sleep.
- Insomnia in PD can be related to muscle cramps, leg painimmobility, frequent need to get up and urinate, anxiety, depression and side effects of medication.

#### **Sleep Maintenance insomnia- fragmentation of sleep, disturbed sleep, difficulty falling back to sleep**

An increased incidence of urinary difficulties, nocturia in this population may lead to fragmentation of sleep.

Your health care provider may utilize sleep dairies, sleep logs, actigraphy monitors to assist in further evaluation of the insomnia.

