



Good Night's Sleep

Parkinson's

A good night's sleep is critical to well-being, but for people living with Parkinson's disease it can be challenging.

You may experience

- Insomnia, trouble falling asleep or staying asleep
- Excessive daytime sleepiness or fatigue
- Difficulty moving about or getting comfortable in bed
- Frequent need to use bathroom at night
- Rapid Eye Movement (REM) Sleep Behavior Disorder involves acting out vivid, often unpleasant dreams with vocal sounds and sudden, often violent arm and leg movements
- Restless Leg Syndrome (RLS) includes leg/foot jerking or cramping
- Sleep apnea when breathing, repeated pauses, stops, starts and may include loud snoring

Tips for Sleeping

- Create a consistent schedule for going to sleep and waking up.
- Build in rest periods but avoid long daytime naps.
- Minimize nighttime fluid intake and avoid caffeine or alcohol several hours before going to bed.
- A bedside commode can be useful for safe nighttime toileting. Check with your doctor if urinary frequency persists.
- During the day, stay active and engaged through daily exercise, cognitive and social activities. Spend time outdoors to get adequate sunlight.
- In the evenings, limit television, tablets and phones; instead play soft music, turn lights down.
- Implement a regular bedtime routine. Make sure the room is cool and comfortable. Lavender scent can be soothing. Use satin sheets/ pajamas to make moving in bed easier.
- Manage REM sleep disorders with use of Melatonin or a medication prescribed by your neurologist. Plan for safety with padded bed rails, padding the floor or sleeping in separate beds. A bed alarm can be a helpful alert for the care partner.
- Manage RLS by staying hydrated and using warm baths, massage, or warm packs/ heating pads. Speak with your neurologist about appropriate medication interventions.
- Manage sleep apnea with a consultation with a sleep specialist. Sleeping on your side with your head elevated may also help.



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