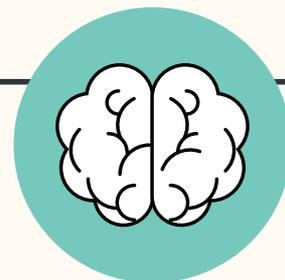


SLEEP AND PARKINSON'S DISEASE



Sleep problems are common in Parkinson's disease (PD). You might find it difficult to get to sleep or stay asleep at night. Some people have to get up at night a lot to go to the toilet or find it difficult to turn over in bed. You might also fall asleep during the day. Not getting enough sleep can be bad for your mental health and it's important that you try to get into a good sleep pattern. Problems with sleep can also affect your partner who sleeps with you. You should try to get 7-8 hours of sleep per night. There are several ways to help you and your partner sleep better.

DAYTIME SLEEPINESS



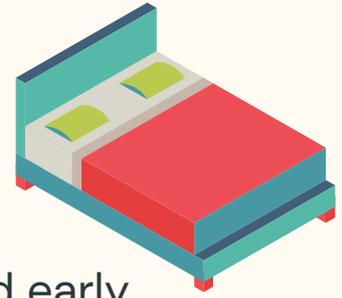
Lots of people with PD get sleepy during the day and this is more common as the condition progresses. If you sleep during the day, this can affect the quality of your sleep at night time. You can get into a cycle of sleeping in the day but not at night and this can affect your life but also your partner's life. Here are some tips to prevent daytime sleepiness:

- set a bedtime and wake-up time
- go outside or do activities outside of the home during the day
- avoid being too sedentary during the day
- do exercise during the day
- try to sleep for only 20 minutes during the day and not after 3pm



TIPS TO HELP YOU SLEEP AT NIGHT

- reduce the amount of time you spend in bed awake
- relax before bedtime without doing any activities
- don't have caffeine (coffee, tea, chocolate, soda) before bed
- try not to smoke before going to bed
- avoid drinking alcohol 4–6 hours before bed time
- avoid intense exercise before bed time
- only go to bed when you are sleepy – going to bed early can give you time to worry
- avoid conversations that make you angry or frustrated before you go to bed
- if you can't sleep, try reading or listening to the radio for a while until you get sleepy
- if you can't sleep, don't clean the house or exercise
- try to drink less before bedtime to avoid going to the toilet during the night
- place a bucket near the bed if you need to urinate a lot during the night
- reduce noise and light in the room where you sleep
- use an alarm to wake up at the same time every morning



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com



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