# Manage Sleep Problems In Parkinson's Disease Transcript

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## Introduction to Parkinson's Sleep Problems

Hello. Everyone. Welcome to The Parkinson's Solutions Summit 2.0. My name is Dr. Ken Sharlin. And today. Will be diving. Into a crucial. Topic that affects.

Many people with Parkinson's. Sleep. Problems. We'll explore how sleep disturbances. Can signal the onset of Parkinson's, the common sleep issues experienced by those with the condition, and effective treatments and lifestyle adjustments to help manage these challenges.

Whether you're a. Patient. A caregiver, or. A concerned family member. This video is here to provide valuable.

## Early Sleep Signs of Parkinson's

Insights. And practical advice. Well, first, let's talk about how sleep. Problems can be an early indicator of Parkinson's. Often, these issues present themselves.

Years before. The more classic motor symptoms like tremors and stiffness become noticeable. REM sleep. Behavioral disorder. One such early. Sign is. REM sleep behavioral disorder.

Unlike typical. REM sleep. Where your body is temporarily paralyzed to prevent. You from acting out your dreams. Those with RBD lack paralysis. This can result in vivid and often violent enactments, ranging from talking and yelling to physically thrashing about.

Restless leg. Syndrome, another. Early. Indicator. This is characterized. By an uncomfortable. Urge to. Move. The legs, usually. Accompanied by a tingling sensation.

These symptoms are. Typically worse. At night and can significantly. Disrupt sleep. Now let's talk about Jane.

## Common Sleep Disorders in Parkinson's

It's been living with Parkinson's for five years and has. Faced several sleep. Challenges. When she. First. Started noticing her. Sleep. Issues, she never.

Thought this could be related to. Parkinson's. She would wake up multiple. Times during the night and often felt. Exhausted. The next day. It wasn't until. She was diagnosed that she.

Learned how these common sleep problems are seen among people with Parkinson's. As with Jane, sleep. Disturbances are quite prevalent in Parkinson's. Disease.

Let's delve into some of the most common issues. Insomnia is as frequent among those with Parkinson's. Difficulty falling. Asleep. Staying. Asleep. Or.

Waking up too early are all common complaints. Factors contributing to insomnia can include the need for frequent bathroom. Visits, muscle rigidity. Or even medication side. Effects.

Well, restless leg. Syndrome, as I mentioned earlier, can make settling down for the night a daunting task. The urge to move the legs can be so intense that it prevents you from falling asleep.

REM sleep. Behavioral disorder. Can lead to violent dream enactments, posing a risk of injury. To both the patient. And their bed partner. Obstructive sleep.

Apnea another. Serious. Concern. Obstructive sleep apnea. Occurs when the throat muscles intermittently. Relax. And. Block the airway. During sleep. Central sleep apnea, on the other hand, involves a.

Failure. Of the brain to send the proper signals to the muscles controlling breathing.

## How Poor Sleep Affects Parkinson's Symptoms

Both types can. Severely disrupt sleep. And lead to daytime fatigue. Now, let's. Discuss how these sleep. Disturbances impact. The quality of life. For individuals with Parkinson's.

Poor sleep can. Exacerbate other. Parkinson's symptoms. Such. As tremor, cognitive impairment, and mood disorders. Like. Depression and anxiety. This creates a. Challenging cycle.

Where poor sleep. Worsens Parkinson's symptoms and worsens worsening symptoms. Further disrupt sleep. So what can be done to improve. Sleep for those with. Parkinson's?

## Treatments for Sleep Disturbances

Let's explore some common solutions and treatments. Medications can be effective in managing. Specific sleep. Related symptoms. For instance, drugs like clonazepam can help control REM behavioral disorder and dopamine agonist can alleviate the symptoms of.

Restless leg. CPAP and Bilevel devices for sleep apnea. that's. Continuous. Positive airway pressure devices. Can be incredibly beneficial. These machines.

Keep the airway. Open and provide a steady stream of their. CPAP. And billable. Devices. For those with obstructive sleep. Apnea, continuous. Positive airway pressure CPAP devices.

Can be incredibly beneficial. These machines keep. The airway. Open by providing a steady stream of air. Bilevel. Devices offer two levels of pressure.

For inhalation and exhalation, which can be more comfortable. For. Some users and is needed when a person's. Sleep. Apnea. Includes both obstructive. And central events.

Adaptive devices like wedge pillows. Can help. Alleviate. Discomfort and improve. Sleep posture, making it easier to stay asleep. Through the night. Cognitive behavioral therapy.

For insomnia is another. Highly effective. Treatment. This therapy focuses. On changing thoughts and behaviors that contribute. To sleep. Problems, and is often more effective in the long term than sleep medication.

In addition to these treatments. Several lifestyle. Adjustments can promote better. Sleep, exercise, and diet. Well, regular exercise. And a balanced diet can be can have a significant impact on sleep.

Quality. Exercise helps reduce. The symptoms of. Restless.

## Lifestyle Tips and Care Team Support

Legs and promotes. Overall. Well-Being. While a balanced diet can prevent nighttime disturbance due to indigestion or blood sugar fluctuations. Sleep hygiene is crucial, and this includes maintaining a consistent sleep.

Schedule. Creating a relaxing bedtime routine, and optimizing your sleep environment by reducing noise and light. Professional advice and regular monitoring.

Lastly, professional. Medical advice is essential. A comprehensive care team including neurologists. Sleep

specialists. And. Physical therapists. Can provide a personalized treatment plan.

Regular monitoring with. Devices. Like smartwatches or smart rings can also. Help track. Patterns and adjust treatments as needed. In summary. Sleep. Problems are common in Parkinson's disease and can significantly impact one's.

Quality of life. However, with the right. Treatments and lifestyle adjustments, much can be done to improve. Sleep. Remember, it's crucial to seek professional.

And medical advice and work. Closely with your. Care team for solutions that. Fit you. Thank you for. Joining us today at The Parkinson's Solutions Summit 2.0.

We hope you found this information valuable. If you have any questions or. Would like to. Learn more. Please don't hesitate to reach out. Sleep well. And take. Care.