

## UPCOMING EVENTS

- **Rock Steady Boxing with Doug** | Tuesdays, January 3, 10, 17, 24, 31, & February 7  
Learn more & register: <https://bit.ly/rocksteady-23>
- **Stretch & Strengthen: Low-Impact Exercise Series** | Thursdays, January 5, 12, 19, 26, & February 2, 9, 16, 23  
Learn more & register: <https://bit.ly/stretch-23>
- **Ask the Expert Webinar: PD Brain Health and Coping through Improv** | Wednesday, January 25  
Learn more & register: <https://bit.ly/improv-23>
- **New Diagnosis Workshop Series**
  - **Parkinson's Disease: Etiology, Diagnosis, and Symptoms** | Tuesday, February 7
  - **PD Management and Treatment: Medications, Alternative and Advanced PD Therapies, Non-Motor Symptoms Treatment** | Wednesday, February 8
  - **Living Well with Parkinson's Disease** | Tuesday, February 14
  - **How Can a Social Worker, SLP, and OT help?** | Thursday, February 23  
Learn more & register: <https://bit.ly/newdiagnosis-23>
- **DOPABEATS Drumming with Doug Pickard**
  - **February/March Sessions** | Wednesdays, February 22, & March 1, 8, 15, 22, 29  
Learn more & register: <https://bit.ly/dopa1-23>
  - **April/May Sessions** | Wednesdays, April 5, 12, 19, 26, & May 3, 10  
Learn more & register: <https://bit.ly/dopa2-23>
- **SongShine with Joani**
  - **March/April Sessions** | Thursdays, March 2, 9, 16, 23, 30, & April 6  
Learn more & register: <https://bit.ly/songshine-23>
  - **April/May Sessions** | Thursdays, April 13, 20, 27, & May 4, 11, 18  
Learn more & register: <https://bit.ly/songshine2-23>
- **The Alexander Technique for Parkinson's Disease** | Tuesdays, March 7, 14, 21, 28, & April 4, 11, 18, 25  
Learn more & register: <https://bit.ly/alexander-23>

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## UPCOMING FUNDRAISING EVENTS

### *Champions for Parkinson's*

- Donate a Car Canada: Ongoing (read more: <http://bit.ly/2ORTuJn>)

### *We're looking for more Champions!*

Do you want to help fund research, grow support networks, and improve quality of life for those living with Parkinson's disease (PD)? Become a Champion for Parkinson's and plan your own independent community fundraising event! Contact us at [events@parkinson.bc.ca](mailto:events@parkinson.bc.ca) or 1-800-668-3330.

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### *TIP JAR*

The Tip Jar is where we share advice from Parkinson's community members on a wide range of topics from daily lifestyle hacks to safety. This month we share a tip on **fall prevention!**

As a person with Parkinson's disease, motor symptoms such as stiffness, bradykinesia, and dyskinesia leave you at a higher risk of falls due to loss of balance. During winter months, sidewalks and pathways may be slippery from snow or ice. To increase the grip on the bottom of the shoe, consider purchasing a pair of ice grips and adding them to a pair of winter shoes as they provide more security and mobility when moving around in their day-to-day life.

If you are walking on deeper snow or packed ice, consider crampons. Crampons are a traction device made from materials such as aluminum and stainless steel. They can be attached to footwear and are traditionally used to prevent falls on ice and snow during hikes, ice climb expeditions, mountaineering, or additional outdoor activities. Individuals with PD may find them helpful as well, but as they extend out further from the foot they should only be used with deeper snow or packed ice.

IceFX boots are also "a safer way to walk with their leading-edge technology for advanced traction on ice. These boots have an innovative tread design to provide greater surface contact in the heel and forefoot to achieve an anti-slip outsole" (marks.com). Learn more about these here: <https://www.marks.com/en/innovations.html>

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*Do you have any tips or tricks that you would like to share with the Parkinson's community? These can be tips from something that works well, to eating and dressing, to getting out of bed or travelling! All tips and tricks are welcome! Please share your ideas at [info@parkinson.bc.ca](mailto:info@parkinson.bc.ca).*

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## **NEWS & ANNOUNCEMENTS**

### ***Renew your membership or become a member of Parkinson Society BC***

Membership fees and donations are a critical source of funding for Parkinson Society British Columbia. A strong membership gives us a louder voice on matters of importance to the Parkinson's community.

Our membership year runs from January 1 to December 31. Memberships purchased on or after September 1 will be valid from the point of payment through the end of the following calendar year. The cost of membership is \$25 per household. Learn more at:

[www.parkinson.bc.ca/membership](http://www.parkinson.bc.ca/membership)

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## **DISCUSSION TOPIC: Parkinson's Disease & Sleep**

### ***Discussion Questions***

1. Do you experience any sleep disorders or difficulties with your sleep in general? If so, how have you managed your symptoms?
2. How has your quality of sleep (whether good or bad) affected your day-to-day life or overall mental health?

Happy new year! One of the best ways to start 2023 off on a good note is to be well-rested. This month, we will discuss the importance of sleep, as an estimated two-thirds of individuals with Parkinson's disease (PD) are struggling with sleep disorders (Pacheco, 2022). It is important to receive an adequate amount of sleep to ensure a person with Parkinson's has the energy to effectively manage PD symptoms and obtain the maximum benefit from their medications. This article explores how PD symptoms may be causing an inadequate amount or lower quality of sleep, and strategies on how to improve sleep hygiene.

### ***Symptoms of Parkinson's Disease Related to Sleep: REM/RBD & RLS***

If you are an individual with Parkinson's disease you may experience Rapid Eye Movement (REM) or Rapid Eye Movement Sleep Behavior Disorder (RBD) ('Acting Out Dreams While Asleep', n.d.). This means that you may be acting out your dreams while you sleep – including, punching, kicking, or yelling. It is important to note that not all people who experience RBD have Parkinson's disease, however, it is something to be aware of as it can be a symptom of Parkinson's. Sleep disorders (SD) are a common non-motor symptom of PD that often worsen over time (Loddo et al, 2017).

Rapid Eye Movement Sleep Behavior Disorder occurs when our brains do not have the ability to prevent our muscles from moving, which normally they do. For people with Parkinson's, "these brain signals don't work properly, and a person moves while dreaming" ('Acting Out Dreams While Asleep', n.d.). The dreams people experience may be chaotic and volatile (i.e. being chased, or attacked), or active like playing sports.

Additional sleep disorders those with PD may experience are insomnia and excessive daytime sleepiness (EDS) (Loddo et al, 2017). Insomnia, the most common sleeping disorder among people with Parkinson's, is characterized by having trouble falling asleep, staying asleep, or waking up earlier than desired. It is most prominent in females, and people experiencing depression and anxiety (Loddo et al, 2017). Excessive daytime sleepiness (also known as a 'sleep attack') is when a person gets a sudden and overwhelming sleepiness that can't be ignored. In some cases, it may even cause the person to fall asleep without awareness (Loddo et al, 2017).

Restless Leg Syndrome (RLS) is another symptom of Parkinson's that may also cause sleep disruptions. RLS "is a neurologic and sleep-related condition characterized by an irresistible urge to move the legs" ('Restless Leg Syndrome and Parkinson's Disease', 2020.). It is a general feeling of restlessness that can be felt in the legs, specifically the calves and thigh areas, and in some cases, a tingling sensation can also be experienced. These sensations and restlessness are exacerbated when the individual is not mobile or moving around, i.e. resting or sleeping in the evening are when it shows up, making it hard to fall asleep. This is why RLS is considered a

sleep disorder. It can cause the individual sleep deprivation and feelings of anxiety when going to bed.

Short-term relief for those experiencing RLS can sometimes be found with the individual getting up and moving their legs around or walking – however, this relief only lasts for as long as the movement continues. In many severe cases, some people may have to pace for hours for lasting relief ('Restless Leg Syndrome and Parkinson's Disease', 2020). Massaging or stretching the legs may also help provide comfort.

### *The Causes of Sleep Disorders in PD*

There are many reasons sleep disorders occur with PD, however, the exact causes are difficult to pinpoint because it often is unclear whether it is symptoms causing poor sleep, or poor sleep exacerbating symptoms. Some contributors to poor sleep among people with Parkinson's may include:

- **The neurodegeneration process:** Neurodegeneration "can disrupt the networks regulating the sleep–wake cycle and deplete a large number of cerebral amines possibly playing a role in the initiation and maintenance of sleep" (Loddo et al, 2017). This decreased quality of sleep then causes fatigue and sleepiness.
- **Symptoms of Parkinson's:** Sleep can be affected by rigidity, tremor, dystonia, or pain at night, which make it difficult to fall or stay asleep.
- **Stress:** Increased stress levels may contribute to decreased quality of sleep, so it is important to reduce stress levels to get a good night's rest.
- **Medications:** Sometimes prescription medications taken to alleviate Parkinson's symptoms cause sleep issues (Pacheco, 2022) and circadian rhythm disruptions. Talk to your doctor or healthcare provider about issues with sleep to ensure that your medications are optimized.

### *Identify Sleep Problems and Sleep Hygiene Tips*

Fragmented sleep causes the brain to be more susceptible to oxidative stress, which has been known to cause PD. As a result, it's important to identify issues and make simple lifestyle changes that can help you fall asleep or stay asleep throughout the night. It's all about incorporating your favourite relaxation activities into a routine you look forward to. Here are a few tips and ideas you may consider:

- Sticking to regular bedtimes
- Following a consistent bedtime routine with soothing activities such as listening to music or reading a calming book
- Getting regular exercise, preferably early in the day
- Getting adequate exposure to light, whether outdoors or through light therapy
- Avoiding long naps and naps late in the day
- Creating a cool, dark, and comfortable sleeping environment
- Restricting bedtime activities to sex and sleep only
- Turning off screens an hour before bedtime
- Reducing liquid intake before bedtime
- Avoiding caffeine, alcohol, and tobacco
- Eating a healthy diet and avoiding large meals at night

Tips courtesy of: <https://www.sleepfoundation.org/physical-health/parkinsons-disease-and-sleep>

Try out these sleep hygiene tips and see what fits into your lifestyle and unique needs. As always, for more serious sleep issues, be sure to notify your healthcare provider for a more comprehensive treatment plan.

### ***Additional Resources***

- Sleep, Fatigue, and Sleep Disorders [[view helpsheet](#)]
- Sleep in Parkinson's Disease | Dr. Claire Hinnell [[view slides](#)]
- Sleep Issues and Disorders | Dr. Gary Leo [[view slides](#)] [[view video](#)]

**Sources**

“Acting Out Dreams While Asleep.” The Michael J. Fox Foundation for Parkinson's Research | Parkinson's Disease, [https://www.michaeljfox.org/acting-out-dreams-while-asleep?smcid=ap-a1b1R00000A07AI&gclid=Cj0KCQiA1sucBhDgARIsAFoytUtpd9Ni4c\\_NP-iW8KQCc09qipkoPJJp8pFZLnCe9B4HNDlvUMoskoEaAlVOEALw\\_wcB](https://www.michaeljfox.org/acting-out-dreams-while-asleep?smcid=ap-a1b1R00000A07AI&gclid=Cj0KCQiA1sucBhDgARIsAFoytUtpd9Ni4c_NP-iW8KQCc09qipkoPJJp8pFZLnCe9B4HNDlvUMoskoEaAlVOEALw_wcB).

Loddo, Giuseppe, et al. “The Treatment of Sleep Disorders in Parkinson's Disease: From Research to Clinical Practice.” *Frontiers in Neurology*, U.S. National Library of Medicine, 16 Feb. 2017, [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5311042/#:~:text=Sleep%20disorders%20\(SDs\)%20are%20one,disorder%2C%20and%20excessive%20daytime%20sleepiness](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5311042/#:~:text=Sleep%20disorders%20(SDs)%20are%20one,disorder%2C%20and%20excessive%20daytime%20sleepiness).

Pacheco, Danielle. “Parkinson's Disease and Sleep.” Sleep Foundation, 22 Apr. 2022, <https://www.sleepfoundation.org/physical-health/parkinsons-disease-and-sleep>.

“Restless Leg Syndrome and Parkinson's Disease.” American Parkinson Disease Association, 17 June 2020, <https://www.apdaparkinson.org/article/restless-leg-syndrome/>.