

All about Parkinson's Nocturnal symptoms

Motoric Dysfunction

- Nocturnal Akinesia- loss of ability to move muscles voluntarily
- Dystonia- involuntary muscle contraction
- Restless Legs syndrome- uncontrollable urge to move the legs caused by feeling of discomfort
- Periodic Limb Movement Disorder- legs and arms move repeatedly and uncontrollably, causing insomnia

Autonomic Dysfunction

- Nocturia- waking up during the night to urinate
- Sialorrhea- Excessive drooling
- Pain of the muscles or skeleton

Sleep & Psychiatric Disturbances

- Insomnia –trouble falling and/or staying asleep
- Rapid Eye Movement (REM) sleep Behavior Disorder- complex enactment of dreams
- Sleep disordered breathing such as apnea
- Circadian rhythm disruption- disruption to internal biological clock that regulates body functions
- Hallucinations, confusion and depression

Tips for a better night's sleep



Create a calming bedtime routine by limiting screen time an hour before bed and having a relaxing bath or shower



Alcohol can lead to restlessness and waking up during the night, and also cause nocturia



Avoid intense exercise within 2 hours of going to bed. A relaxing walk is fine earlier in the day