

Sleep Disturbances

The most common sleep problems for people with Parkinson's disease are:

- 1) Insomnia or difficulty staying asleep through the night
- 2) Restlessness in your legs:
Restless Leg Syndrome
- 3) Acting out your dreams (while still asleep)
- 4) Confusional arousals:
wandering in the middle of the night

Although there are medications that help these problems, many of these symptoms can be worsened by Parkinson's medications. Careful review is needed with your Parkinson's provider who can address sleep symptoms and review/adjust medication doses to help with your sleep issues.

Sleep Disturbances

(continued)

Recommendations:

Consistent wake-up time, daily exercise (as able), exposure to sun light and a good sleep environment are the basics for better sleep.

Your physician may prescribe sleeping pills to help you maintain your sleep.

Day Time Fatigue

Often people with Parkinson's experience extreme fatigue during the day. It can be associated with poor sleep, or in response to some PD medications, or from the disease process itself.

**Parkinson's Disease Research
Education and Clinical Centers
(PADRECC)**

www.parkinsons.va.gov

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PARKINSON'S DISEASE



Non-Motor Symptoms



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Parkinson's disease is typically thought of as a movement (or motor) disorder, but a number of non-motor symptoms commonly occur as well. Some of these non-motor symptoms may happen **before** the movement impairments start such as: changes in sense of smell, dream enactment and constipation. Other symptoms may occur later in the disease course. Non-motor symptoms can sometimes be more bothersome and important to your quality of life, so please talk to your health care team about them. **It is essential to talk about these symptoms as many of these problems do not respond to the same medications as the motor symptoms of Parkinson's disease.**

Autonomic Symptoms

The autonomic, or "internal" nervous system is frequently affected by Parkinson's disease and results in the following symptoms:

- 1) Constipation
- 2) Erectile Dysfunction
- 3) Orthostatic Hypotension: lightheadedness when you stand, dizziness, weakness, headache, feeling faint or fainting, nausea etc.
- 4) Bladder Urgency and Frequency
- 5) Drooling

Sensory Symptoms

Sensory complaints are common in Parkinson's disease. Symptoms include:

- 1) Loss of sense of smell.
- 2) Pain: usually muscle aching, but can also be burning, sharp pains. *(sometimes pain from PD improves with dopaminergic treatment but may require other interventions.)*
- 3) Visual changes: blurred or double vision *(not easily corrected with new glasses.)*

Cognitive & Behavioral Symptoms

Cognitive and behavioral symptoms are common in Parkinson's disease and can present as problems with:

- 1) Attention, focus, planning, multi-tasking, and other "executive" tasks.
- 2) Visual-spatial functions (driving) are affected. Often a VA driving assessment is warranted.
- 3) Apathy or lack of motivation.
- 4) "Psychosis" which can include: hallucinations *(seeing things that aren't really there)* or delusions *(believing things that aren't true)*. There are medications that can be prescribed or withdrawn to help manage these symptoms. Your provider should also check for silent infections such as urinary tract infections.
- 5) Depression and anxiety – the most common symptoms associated with PD that needs medication/ treatment.
- 6) Impulsiveness : gambling, shopping, eating, sexual behaviors etc. *(can be worsened with dopamine agonists medications)*. It is important to notify your provider as medication changes can be made.