

SLEEP DISRUPTION IN AN EDUCATED COHORT OF PARKINSON'S PATIENTS

AN INTERNET STUDY BY PARKINSON'S MOVEMENT

Jon Stamford^{1,2}, Sara Riggare¹, Paul De Roos¹, Tom Isaacs^{1,2} & Helen Matthews^{1,2}, Pinar Kuru³

¹Parkinson's Movement,

²The Cure Parkinson's Trust, 1 St Clements Ct, London EC4N 7HB, UK

³Marmara University Istanbul, Turkey, Parkinson's Disease Summer School 2012

INTRODUCTION:

Parkinson's Movement (PM) is an Internet-based, research-oriented, patient-focussed community. Because of its novelty, we sought to characterise the population and its concerns



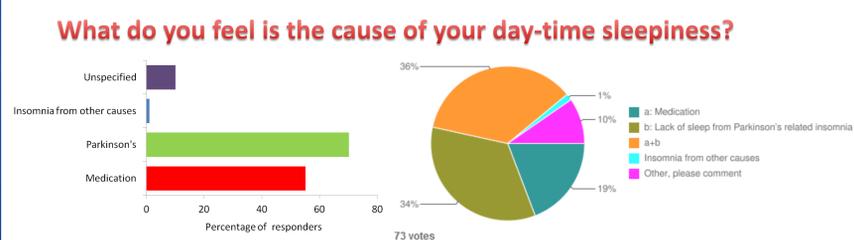
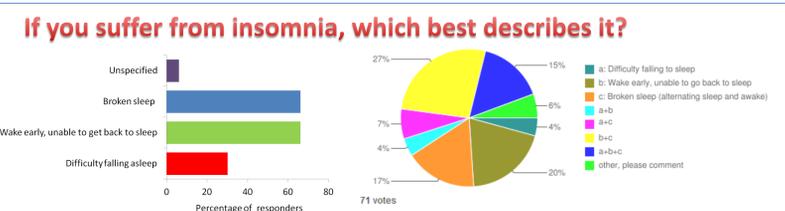
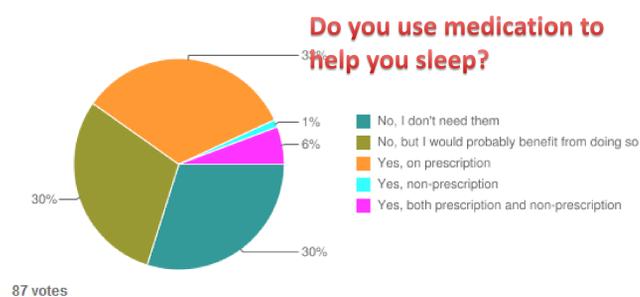
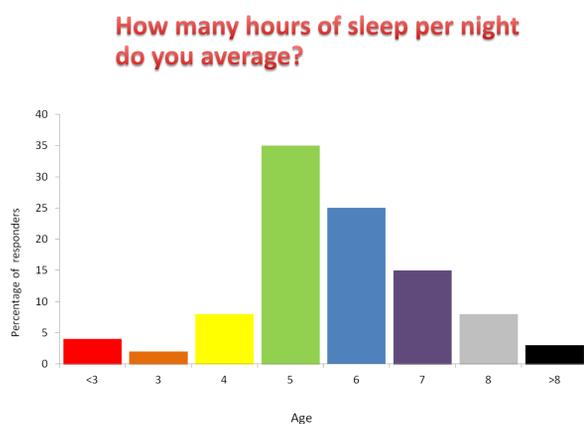
OBJECTIVE: The study objective was description of an Internet-based patient population.

AIMS: The study aimed to assess the extent and impact of sleep problems in the PM cohort.

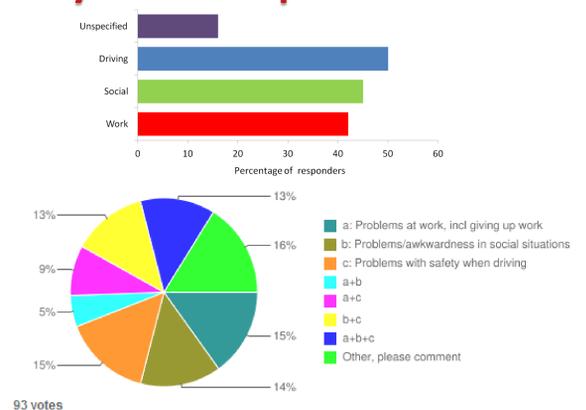
METHODS: A series of brief (single question multiple answer) linked Internet polls were posted on the Parkinson's Movement website

(www.parkinsonsmovement.com) on 17 November 2011. Data were collected on 22 November 2011 and the answers analysed on 23 November 2011.

PURPOSE: The purpose of the study was to assess the prevalence of sleep problems in a highly educated global Internet based cohort.



What problems does your day-time sleepiness cause?



RESULTS: The PM cohort was mainly young (76% aged 50-69), highly educated (68% with at least 1 degree), with mild Parkinson's (Hoehn & Yahr stage 1/2: 66%) for 4-6 years. The PM cohort mostly (60%) slept 5 or 6 hours a night. Insomnia was mainly early waking (66%) or broken sleep (66%) rather than difficulty falling asleep (30%). Some (15%) had all three. 53% Most (63%) either took or felt they would benefit from medication to help sleep. Daytime somnolence was common (81%) with 53% experiencing daily episodes. 36% attributed this to a combination of Parkinson's and medication. 50% felt daytime somnolence compromised driving safety, with social (45%) and work problems (42%) also highlighted.

CONCLUSIONS: Despite the relatively mild illness severity and high level of education, sleep quality is a problem with major QoL implications in this population.