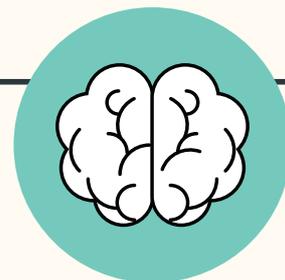


SLEEP AND PARKINSON'S DISEASE



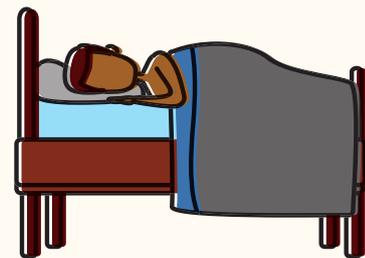
Sleep problems are common in Parkinson's disease (PD). You might find it difficult to get to sleep or stay asleep at night. Some people have to get up at night a lot to go to the toilet or find it difficult to turn over in bed. You might also fall asleep during the day. Not getting enough sleep can be bad for your mental health and it's important that you try to get into a good sleep pattern. Problems with sleep can also affect your partner who sleeps with you. You should try to get 7-8 hours of sleep per night. There are several ways to help you and your partner sleep better.

DAYTIME SLEEPINESS



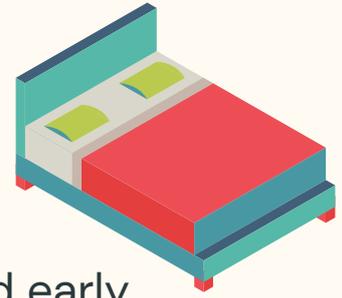
Lots of people with PD get sleepy during the day and this is more common as the condition progresses. If you sleep during the day, this can affect the quality of your sleep at night time. You can get into a cycle of sleeping in the day but not at night and this can affect your life but also your partner's life. Here are some tips to prevent daytime sleepiness:

- set a bedtime and wake-up time
- go outside or do activities outside of the home during the day
- avoid being too sedentary during the day
- do exercise during the day
- try to sleep for only 20 minutes during the day and not after 3pm



TIPS TO HELP YOU SLEEP AT NIGHT

- reduce the amount of time you spend in bed awake
- relax before bedtime without doing any activities
- don't have caffeine (coffee, tea, chocolate, soda) before bed
- try not to smoke before going to bed
- avoid drinking alcohol 4–6 hours before bed time
- avoid intense exercise before bed time
- only go to bed when you are sleepy – going to bed early can give you time to worry
- avoid conversations that make you angry or frustrated before you go to bed
- if you can't sleep, try reading or listening to the radio for a while until you get sleepy
- if you can't sleep, don't clean the house or exercise
- try to drink less before bedtime to avoid going to the toilet during the night
- place a bucket near the bed if you need to urinate a lot during the night
- reduce noise and light in the room where you sleep
- use an alarm to wake up at the same time every morning



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com



Created by Natasha Fothergill-Misbah



KULALA NA UGONJWA WA PARKINSON



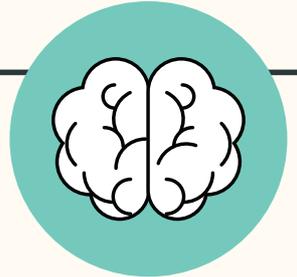
Shida za kulala ni kawaida katika ugonjwa wa parkinson (PD). Unaweza kupata ugumu wa kulala au unaweza kuamka usiku. Watu wengine lazima waamke usiku sana kwenda choo au wana shida ya kugeuka kitandani.

Unaweza pia kulala sana wakati wa mchana. Kutokuwa na usingizi wa kutosha inaweza kuwa mbaya kwa afya yako ya akili na ni muhimu kujaribu kulala na luamka wakati huo huo kila siku. Shida za kulala zinaweza pia kuathiri mwenzi wako ambaye analala na wewe.

Unapaswa kujaribu kupata masaa saba hadi nane ya kulala kila usiku. Kuna njia kadhaa za kukusaidia wewe na mwenzi wako kulala bora.

USINGIZI WA MCHANA

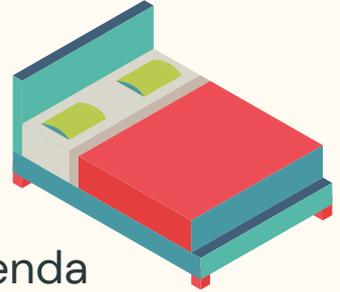
Watu wengi wenye PD huchoka wu kulala wakati wa mchana, na hii ni kawaida zaidi wakati hali inavyoendelea. Ikiwa unalala mchana, hii inaweza kuathiri ubora wa kulala kwako wakati wa usiku. Kulala sana mchana lakini sio usiku kunaweza kuathiri maisha yako lakini pia maisha ya mwenzi wako. Hapa kuna njia kadhaa za kuzuia usingizi wa mchana:



- weka wakati ambao utalala na kuamka kila siku
- kwenda nje au fanya shughuli nje ya nyumba wakati wa mchana
- epuka kukaa sana wakati wa mchana
- fanya mazoezi wakati wa mchana
- jaribu kulala tu kwa dakika ishrini wakati wa mchana na sio badda ya saa tisa

NIJA ZA KUKUSAIDIA KULALA USIKU

- punguza muda unaotumia kukaa macho kitandani
- pumzika labla ya kulala bila kufanya shughuli
- usichukue kafeini (kahawa, chai, chokoleti, soda) kabla ya kulala
- jaribu kutovuta sigara kabla ya kulala
- epuka kunywa pombe masaa sita kabla ya kulala
- epuka mazoezi makali kabla ya kulala
- nenda tu kitandani wakati unahisi umechoka – kwenda kulala mapema kunakupa wakati wa kuwa na wasiwasi
- upuka mazungumzo yanayokukasirisha kabla ya kulala
- ikiwa huwezi kulala, jaribu kusoma au kusikiliza redio hadi ulale
- ikiwa uwezi kulala, ususafishe nyumba au fanya mazoezi
- jaribu kunywa maji kidogo kabla ya kulala kuzuia kwenda choo wakati wa usiku
- weka ndoo karibu na kitanda ikiwa unahitaji kukojoa wana wakati wa usiku
- punguza kelele na mwangaza katika chumba unacholala
- tumia kengele kuamka wakati mmoja kila asubuhi



Jiunge na kikundi cha msaada kilicho karibu ili ujifunze zaidi na uonane na watu wengine waliyo na ugonjwa wa parkinson

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

Kwa habari zaidi angalia:

www.parkinsonkenya.wixsite.com/website

AMA

www.parkinsonsafrica.com



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