

TOP 10 TIPS TO HELP WITH:

SLEEP



1 ROUTINE

Go to bed at night when you feel sleepy, but try to make this a regular routine for bedtime



2 WIND DOWN

Prepare for sleep by trying to wind down in the evening and relax before bedtime



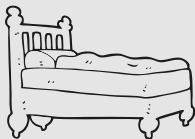
3 CAFFEINE AND ALCOHOL

Do not drink caffeine or alcohol before bed and consider limiting it during the day



4 CALM

Your bedroom needs to feel calm and safe, not too hot or cold and have the lights as low as possible



5 BED

Your bed needs to be comfortable but not too soft as this will make moving/turning over difficult



6 WORRYING

When in bed, try not to think about problems, try not to worry about what might happen the next day



7 THOUGHTS

Find something that helps you drift off to sleep, think about something pleasant or a thought that makes you happy



8 DISRUPTIONS

Reduce other disruptions during the night and think of ways to do this, i.e. having a drink by the bed, having a commode or bucket in the bedroom



9 NAPS

Limit unplanned naps during the day as this can stop you from sleeping at night, aim for one planned sleep early in the day



10 DOCTOR

Speak to your doctor or your family about worries or problems with your sleep, including what medications you take before bed

For more information about sleep visit:

www.parkinsonkenya.wixsite.com/website
OR
www.parkinsonsafrica.com

