

Parkinson's Disease and Sleep

Customer Conversation
SleepHub

Parkinson's Disease is a degenerative neurological disorder that affects the nervous system. It is estimated that over 150,000 Australians are currently living with Parkinson's, with 20% of those under 50 years old.

Challenge:

Sleep disturbance is a very common feature of Parkinson's that can not only lead to fatigue and impact quality of life but can also impact the severity of symptoms.

As someone living with the challenges of early-onset Parkinson's Disease, how has this impacted your quality of sleep?

I was diagnosed in February 2020 and went from being a very deep sleeper, who could fall asleep and stay asleep for as long as time permitted (i.e. work and family life being the only real impediments to having a full night's sleep) to frequently only getting 2-3 hours of sleep. By mid 2022, when I began using SleepHub, to now (mid March 2023) I'm averaging 6 hours per night and still improving.

What would a 'normal' night look like for you?

I could fall asleep initially but then would wake early in the morning, often 3am or even 2am and then not be able to go back to sleep and so either just lie there for hours not sleeping or get up crazy early before anyone else was up at home.

How did you feel on waking and through the day?

I felt tired and inadequately rested on waking but what was much worse was feeling incredibly fatigued during the afternoon and not being able to keep my eyes open around the time when I needed to pick the kids up from school.

Solution:

SleepHub® is the result of more than a decade of research and development. Users are helped to achieve quality sleep through scientifically formulated sounds, delivered using a pair of premium speakers, that use specific beats and pulses to modulate sleep patterns.

How long did it take before you began seeing positive results from using SleepHub?

It all started to improve quite quickly. Certainly my first month was better than before I had SleepHub. Saying that, I'm 8 months in and things are still consistently just getting better and better!

What does a normal night look for you now, since using SleepHub?

A normal night's sleep now involves me going to sleep quickly at around 10.00 and being woken by my alarm (still sleeping) at 5am (I'm an early riser by choice). I might wake once during the night, usually for a quick visit to the bathroom, and then I easily fall back asleep until morning. I wake feeling refreshed and I don't need a nap in the afternoons anymore.

Did you track your sleep and if so, what were the results?

Yes, I have a sleep tracking device and my total time sleeping has improved on average by 20% from 5 to 6 hours, although the best part is that my REM and Deep Sleep metrics are both consistently close to or above 1 hour, so I feel like I'm getting the all important restorative sleep, whereas before, even if I slept, it was mostly light sleep and frequently limited or almost no REM or Deep Sleep.

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Benefit:

Healthy sleep is important for everybody as one of the pillars of good health. For those who live with chronic conditions, sleep is often compromised, and this lack of healthy sleep can in turn worsen symptoms.

How is the quantity and quality of your sleep now based on your sleep tracker results?

My sleep quality is fantastic with, on average, something like 40% being a combination of REM and Deep Sleep.

Are you noticing a difference in how you feel on waking and during the day?

As I said above, its just wonderful sleeping well, like I haven't done for years now. I wake feeling refreshed and I don't need a nap in the afternoons anymore. I feel like I'm able to think more clearly than I did before.

Have there been any noticeable changes regarding your mood, energy, alertness and/or memory?

My mood and energy levels have certainly improved – just ask my kids! Before it was utterly debilitating getting only 2-3 hours of very poor quality sleep sometimes. It's clear that a good nights rest is the starting point for how you are able to cope with a Parkinson's diagnosis. I'm even rediscovering my sense of humour!



"I'd like to thank you from the bottom of my heart for how much better my sleep is now. I was not coping at all before and was just getting worse and worse. Sleep is not a cure for Parkinson's but it is the foundation for being able to cope with the disease and have some semblance of a normal life."

SleepHub®

Science powered to help restore natural sleep