

3rd International Conference on

PARKINSON'S DISEASE AND MOVEMENT DISORDERS

September 25-26, 2017 Chicago, USA

An overview of sleep disturbances in Parkinson's disease

Ángela Milán-Tomás and Colin M Shapiro
University of Toronto, Canada

This review provides an overview of the most common sleep disturbances in PD, including: Insomnia, REM behavior disorder, restless legs, circadian disturbances, sleep-disordered breathing, excessive daytime sleepiness and other Parkinson's sleep related disturbances. Furthermore, we explore the pathogenesis and management of each sleep disorder in this population. The early diagnosis and treatment of sleep problems may be a valuable instrument in the prevention and/or prognosis of neurodegenerative disorders including PD. The use of questionnaires for screening of different sleep disturbances can be useful, but polysomnographic studies continue being the gold standard and are needed to confirm the diagnosis in many cases.

colinshapiro@rogers.com