

# Parkinsons and Sleep

## Dr Eva Bunting

### Consultant Neurologist , BSUH



Dr Eva Bunting's presentation examines how Parkinson's disease affects sleep, covering both scientific and practical aspects. She discusses the importance of good sleep hygiene—such as maintaining routines, limiting caffeine and screens, and managing anxiety. The talk explains how Parkinson's disrupts normal sleep cycles and the brain's waste-clearing glymphatic system, potentially worsening disease progression. Key sleep disorders in Parkinson's REM Sleep Behavioural Disturbance, Restless Leg Syndrome, and sleep apnoea are described, along with their management through medication adjustments, lifestyle changes, and specific treatments like CPAP. The presentation concludes with practical tips and resources to help people with Parkinson's optimise their sleep and wellbeing.

#### HELPFUL RESOURCES

[HTTPS://WWW.NHS.UK/EVERY-MIND-MATTERS/MENTAL-WELLBEING-TIPS/HOW-TO-FALL-ASLEEP-FASTER-AND-SLEEP-BETTER/](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/)

[HTTPS://WWW.HEADSPACE.COM/SLEEP?ORIGIN=NAVIGATION](https://www.headspace.com/sleep?origin=navigation)

[HTTPS://WWW.EDINBURGHPARKINSONS.ORG/EDINBURGH-PARKINSONS-LECTURE/2024-RICHELLE-FLANAGAN/](https://www.edinburghparkinsons.org/edinburgh-parkinsons-lecture/2024-ricelle-flanagan/)

[CLICK HERE TO VIEW VIDEO OF PRESENTATION](#)

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