TIP SHEET
COPING WITH YOUR LOVED ONE’S Fatigue

Many people with Parkinson’s experience excessive daytime sleepiness. They report a loss of energy and chronic fatigue, which may be disruptive to planned activities and schedules.

Consider the following:

» People with excessive daytime sleepiness (EDS) feel fatigue during the day and then have poor quality sleep at night. Activities that make you tired may be bad for the morning, but excellent at night. Adding exercise to the routine may improve nighttime sleep quality.

» Think about scheduling fewer activities each day. The person with Parkinson’s may have low energy and therefore may not be able to do as much as he or she used to do.

» Consider breaking up tasks, errands or other activities into shorter time periods, allowing for rest breaks as needed.

» Scheduling brief rest periods or naps may be helpful to restore your loved one’s energy during the day. Be mindful that excessive daytime sleep may prevent someone from resting well at night.

» Recognize that your schedule may need to be flexible and responsive to how the person with Parkinson’s is feeling. You may need to postpone or cancel activities based on these variations.

» Have a back-up plan in case the scheduled activity falls through.

» Make sure travel schedules include enough time to accommodate rest periods.

» Be aware that the person with Parkinson’s may request more assistance when feeling fatigued. Offer help as needed.

» Encourage your loved one to avoid tasks that require significant coordination or attention when fatigued to avoid accidents or falls.