

Coping with 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.
- » **Schedule brief rest periods or naps** 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.