



Melatonin in Parkinson's Disease

What is the melatonin for Parkinson's Disease study?

The primary aim of this study is to conduct a series of N-of-1 (individualised randomised controlled) trials examining the effectiveness of melatonin to improve sleep quality in individual adults with Parkinson's disease.

This trial is available Australia-wide and can be completed from the comfort of home.

Who is eligible?

Individuals with idiopathic Parkinson's Disease (PD) and:

- Chronic sleep difficulties/insomnia
- Are over 30 years of age.

Who cannot participate?

- Patients with psychiatric/neurological diagnoses that may affect sleep
- Patients with untreated obstructive sleep apnoea
- Patients with active/uncontrolled hormonal disorders, diabetes, active liver disease, abnormal kidney function or blood clotting disorders
- Patients using immunosuppressive and anticoagulant drugs

- Patients with a known allergy or hypersensitivity to melatonin (hives, blisters, rash, dyspnoea and wheezing)
- Patients with a history of renal insufficiency
- Women who are pregnant or breastfeeding
- Patients with an inability to speak and write in English (participants will be required to complete questionnaires written in English only).

How can you help?

You can assist by:

- Identifying and referring potentially eligible patients.
- Giving potential patients the information sheet/consent form.
- Contacting the study team.

For more information, contact:

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Ethics approvals:

Uniting Health Care #1702

The University of Queensland #2017000609