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## Who are we?

The research team is part of a group of researchers from The University of Queensland, St Andrew's War Memorial Hospital, Royal Brisbane and Women's Hospital and Queensland University of Technology.

The study is funded by Wesley Medical Research and The University of Queensland.

## Ethics approvals

The project has been granted the following ethics approvals:

Uniting Health Care #1702

The University of Queensland #2017000609

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## Contact details for the research team:

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For further information, please speak to your doctor about the study.



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# Parkinson's Disease: How's your sleep?



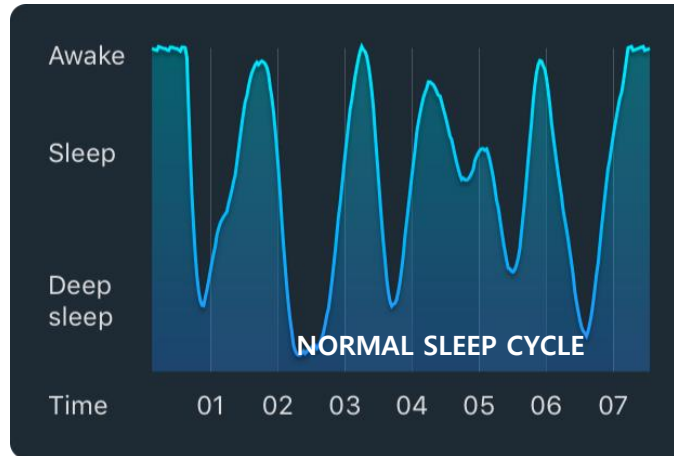
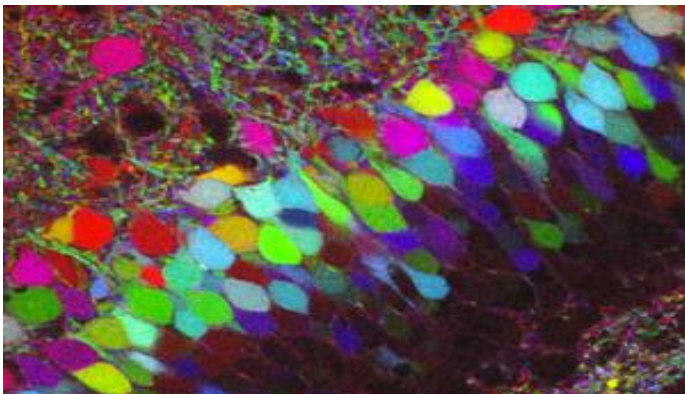
## Parkinson's Disease

Many people with Parkinson's Disease having trouble with sleeping.. This includes difficulties falling and staying asleep, and waking up early. Many individuals also experience daytime fatigue, changes in their mood, concentration and memory.

## The melatonin for Parkinson's Disease study

We are studying the effectiveness of melatonin for improving sleep quality in patients with Parkinson's Disease.

The study is an individualised trial comparing



## What is melatonin?

Melatonin is a naturally produced hormone which regulates the sleep-wake cycle.

Melatonin regulates the body clock by promoting the desire to sleep at night and the desire to remain awake and alert during the daytime.

We believe melatonin may be particularly effective to help improve sleep in individuals with Parkinson's Disease, but this has not been studied.

## Who is eligible?

- Individuals with Parkinson's Disease
- Chronic sleep difficulties/insomnia
- Age over 30 years

## What would be involved?

You will be given either active melatonin or a dummy tablet — called placebo — that is inactive. You will be given a wrist watch that monitors movement to detect when you are asleep and awake. During the 12 week trial, you will fill out a short daily sleep diary. The research assistant will call you every week to see how you are and address any queries. At the end of the study an individual report will be sent to your doctor on whether melatonin helped your sleep. You and your doctor can decide whether you should continue melatonin.

[If you are interested in taking part in the study, please let your doctor know.](#)