



[www.epda.eu.com/sleepwell](http://www.epda.eu.com/sleepwell)

## Use this week to try out new sleep techniques

- If you haven't already, **download and print out our basic sleep diary**. Identify what's hindering or helping you in your sleep. Use this to make a note of what you need to change.
- **Talk to your carer or partner** to ask them for their view. Especially if they sleep with you. They may have noticed something you haven't. Get their ideas on what they think you need to tackle, or how you can work together to improve your sleep.
- **Decide on two or three most important things** you would like to change about your sleep. If they involve medication, please make an appointment to see your doctor or neurologist.
- **Make a list** of the list of things that you can test, to see if they improve your sleep pattern. Do this in conjunction with our resources:
  - The sleep well resource guide on our [website](http://www.epda.eu.com/sleepwell/) - [www.epda.eu.com/sleepwell/](http://www.epda.eu.com/sleepwell/)
  - The videos and content on our [YouTube Site](https://www.youtube.com/theEPDA) ([YouTube.com/theEPDA](https://www.youtube.com/theEPDA))
  - Articles and podcasts on [Parkinson's Life](http://www.parkinsonslife.eu/) site ([www.parkinsonslife.eu/](http://www.parkinsonslife.eu/))
- **Make a plan of action** and stick to it for a set period of time. Any changes that you make won't improve your sleep overnight, so give things a trial run before crossing them off your list.
- **Let us know how it goes** on social media or by email. We are keen to hear your stories!

**GOOD LUCK!**

**DON'T LOSE SLEEP OVER PARKINSON'S**