

# Tai Chi & Qigong with Kele

## PARKINSON'S & SLEEP



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## INTRODUCTION

Recent studies have shown that regular Tai Chi and Qigong practice (TCQ) can help with motor and non-motor issues relating to sleep and Parkinson's Disease (PD). These issues include insomnia, sleep disturbance, and the ability to roll over and get out of bed.

What this means is that **there is good scientific evidence that doing qigong can have a positive impact on your sleep.**

In classes and workshops, Kele teaches easy-to-do Tai Chi & Qigong movements, breath practices and mindfulness practices that you can do at home to encourage restful sleep.

## ABOUT SLEEP & PD

According to the 2010 study *Sleep Disturbances in Parkinson's Disease* (Dr. Matthew Menza, et.al., Rutgers University, NJ, USA, published in *Movement Disorders*):

**Sleep disturbances affect up to 88% of people living with PD.** Non-motor aspects of PD, such as sleep disturbance and depression, are common and significantly affect the day-to-day quality of life. Better support for these aspects could produce an important reduction in suffering.

## ***For people living with PD, sleep may be affected by:***

- primary sleep disorders
- other primary medical or psychiatric conditions (including depression)
- timing or reactions to medications
- aging
- neuropathophysiology of PD itself

## ***Sleep difficulties:***

- are important predictors of poor quality of life
- contribute to excessive daytime sleepiness (EDS) and poor daytime functioning, as well as patients' reduced enthusiasm for daily events
- can adversely effect the sleep habits and the quality of life of their spousal caregivers

Reduced sleep also affects stress levels, with both psychological and biochemical ramifications.

## **PD SLEEP-RELATED CHALLENGES**

- ***Akinesia*** (pain caused by a lack of movement/stiffness)
- ***Dystonia*** (involuntary contractions of the muscles in the extremities)
- ***Anxiety, Panic Attacks, Depression***
- ***Sleep Apnoea*** (breath momentarily stops while asleep)
- ***Insomnia*** (problems getting to sleep or staying asleep at night)
- ***Sleep Fragmentation*** (frequent awakening, then difficulty returning to sleep)
- ***Nocturia*** (waking up at night with the urge to urinate);
- ***Vivid Dreams***
- ***Restless Legs Syndrome & Periodic Leg Movements***
- ***Hypersomnolence*** (excessive daytime sleepiness)
- ***Low Blood Pressure When Getting Out of Bed***
- ***Difficulty Turning Over in Bed***
- ***Parasomnias*** (abnormal movements or behaviours that happen when you are asleep: nightmares and sleepwalking; speaking loudly or screaming; hallucinations; wandering; getting agitated or talk loudly during sleep; night-time hallucinations)

## REGULAR TCQ PRACTICE MAY HELP YOU...

- Relax before going to bed
- Relax during the night, to help resume sleep
- Support mobility and ease stiffness
- Provide activity during the day
- Support good breathing practice
- Improve mood - ease anxiety and depression
- No adverse side effects
- Can be done standing, seated or lying down

## SUGGESTIONS TO ENCOURAGE RESTFUL SLEEP

To encourage restful sleep, it is recommended to cultivate the feeling of being calm and safe, and to do this through having a regular routine. **TCQ practice “ticks the boxes” for all of these suggestions:**

### *Leave time to unwind & relax before going to bed*

- Give yourself at least one hour to wind down before going to bed
- Cultivate a relaxed mindset before going to bed - think positive, kind thoughts - try to avoid list-making, planning, worry, anxiety, anger or frustration
- Have a relaxing, regular bedtime routine - TCQ, gentle movement, meditation, stretching, cognitive therapy, etc.

### *Go to bed only when sleepy*

- If you don't fall asleep after about 15-20 minutes, try to get up, go to another room and do something quiet and calming. Return to bed only when you are sleepy.

### *Have a regular daytime routine*

- A regular routine is the key to better sleep. Try to stick to a regular pattern of times for bed, getting up, meals, daytime exercise and other routine activities.

### ***If you wake up during the night***

- Try doing qigong practice lying down, seated or standing
- If standing up causes you to become dizzy (drop in blood pressure), then try sitting on the side of the bed for a moment or two, flexing your leg muscles, taking some gentle, conscious breaths, and even doing some qigong practice while seated.

## **SOME REPORTED GENERAL BENEFITS OF REGULAR TCQ PRACTICE...**

- Support the body's digestive, nervous, immune, lymphatic & circulatory systems
- Improve flexibility & strength through bones, joints, muscles, ligaments
- Nurture the internal organs
- Encourage healing from stress and injury
- Maintain general health
- Improve balance and coordination
- Quiet the mind and develop focus
- Connect calmly with and manage emotions
- Improve quality of life

## **SELECTED RESEARCH ARTICLES**

- Effect of health Baduanjin Qigong for mild to moderate Parkinson's disease - Chun-Mei Xiao et.al. - Geriatr Gerontol Int 2016; 16: 911–919
- Mindfulness based intervention in Parkinson's disease leads to structural brain changes on MRI: A randomized controlled longitudinal trial - Pickut et.al. - Clinical Neurology and Neurosurgery 115 (2013) 2419–2425
- Qigong exercise may improve sleep quality and gait performance in Parkinson's disease: a pilot study - Wassom et.al. - International Journal of Neuroscience, 2015; 125(8): 578–584

- Sleep Disturbances in Parkinson's Disease - Menza et.al. - Mov Disord. 2010 ; 25(Suppl 1): S117–S122. doi:10.1002/mds.22788.
- The Treatment of Sleep Disorders in Parkinson's Disease: From Research to Clinical Practice - Loddo et.al. - Frontiers in Neurology (16 February 2017) doi: 10.3389/fneur.2017.00042

## SOME ONLINE RESOURCES

**Parkinson's UK** - <https://www.parkinsons.org.uk/information-and-support/sleep>

**National Parkinson's Foundation (US)** - <http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Sleep-Disorders>

**Parkinson's Disease Clinic & Research Center (University of California, San Francisco)** - <http://pdcenter.neurology.ucsf.edu/patients-guide/sleep-and-parkinsons-disease>

**Life Force Chi Centre** - <http://www.lifeforcechicentre.com/tai-chi-for-parkinsons.html>

**Encouraging Restful Sleep videos** (instructional and flowing sequence) from Life Force Chi Centre (private web page) - <http://www.lifeforcechicentre.com/encouraging-restful-sleep-videos.html>