

## **BEDROOM ADJUSTMENTS**

Sleep and adequate rest are essential tools for managing the symptoms of Parkinson's disease (PD) and a good bed is fundamental to getting this rest. To ensure the best possible sleep, your bed should be comfortable and appropriate for your needs.

Here are a few ideas regarding your bed and ways to be more comfortable:

- The bed should be high enough to allow you to sit down on it comfortably.
- The mattress should be firm.
- Use a soft pillow that you can position for the greatest comfort.
- Bedcovers should be light but warm.
- If you sleep with a partner, you may find separate covers easier to deal with (e.g. two single quilts).
- If you have difficulty turning over in bed, try sleeping nude from the waist down. The friction created between nightclothes and sheets around your hips can hinder your movements. Avoid brushed nylon or flannel bottom sheets, which increase friction, and silky sheets, which may be too slippery.
- Get advice from a physiotherapist about turning and getting in and out of bed.
- If you have difficulty with swallowing and drooling, sleep with several pillows or raise the head of your bed 30 degrees.
- If you are very immobile, you may need a hospital bed with rails and a trapeze. These beds are expensive but may be tax deductible. Always consult an expert, such as an occupational therapist, before buying.

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Source: Pacific Parkinson's Research Centre, University of British Columbia, Vancouver, BC