

YOUNG-ONSET PARKINSON'S SUPPORT GROUP

of SE Michigan



INFORMATION FROM PERSONAL EXPERIENCE

TITLE: VIOLENT SLEEP DISORDER AND CHRONIC ANXIETY

Category Medications

Summary A PD patient experiences 'Violent Dreams'

Date Stamp 01-Mar-05

Source Event YOPD Support Grp Meeting (14-Mar-05)

Content As a 9-year PD patient, I have in the past experienced periodic 'Technicolor' physically active sleep disruptions (loud, repetitive talking, arm and leg tension, kicking, rolling out of bed onto the floor, crawling out the door attacking the clothes in my closet. The dream highlights included (1) being caught in a battle below decks on the HMS Victory at the battle of Trafalgar, and jumping out of a boat into the rapids to evade the Big Bogeyman. My wife one night found me attacking the clothes closet, saying 'Come out and fight!' During another dream, I was found crawling out of my bedroom, cane in hand, saying, "I'll kill them!"

Several years ago my wife and I were in Italy on a bus tour. One night I woke and -- pumped up with energy -- came close to tearing up our room, until I realized that playing the incredible hulk was NOT a good idea and that I needed help.

I woke my wife, who is a trained health professional, and told her my problem. She helped me to calm down. When I went back to 'normal' sleep, I experienced a dramatic lowering of blood pressure and collapsed.

The two problems -- disturbed sleep and low blood pressure. I spent a week in the hospital. I left with adjusted medications and direction to reduce daily stress.

Lessons Learned: (1) Your life as a PD patient is definitely yours and your family's. Live it sensibly. (2) Review the side effects of your medications to protect yourself and your family (Aboukasm, 2004) (3) review the drug information in the Physicians Desk Reference (PDR) (4) use your pharmacist as a resource (5) devise and undertake a program of moderate exercise to reduce stress.

-- END OF TEXT --