

# YOUNG-ONSET PARKINSON'S SUPPORT GROUP

*of SE Michigan*



## INFORMATION FROM PERSONAL EXPERIENCE

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### TITLE: EXERCISE AND STRETCHING IMPROVE SLEEP

**Category** Lifestyle

**Summary** Simple exercises and stretching before bed improve sleep

**Date Stamp** 20-Mar-05

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

**Content** I think we all know this, but exercising and stretching help a whole lot. I actually feel like "normal" for a few hours after stretching (with drugs), and exercising (only about once a week, when I have the ambition to) gives me an added boost. I stretch for 10 to 15 minutes each morning almost immediately after getting up, and 10 to 15 minutes immediately before getting into bed at night (helps me to relax so I can get to sleep). Works quite well. Forces out the stiffness.

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