

Who are we?

The research team is part of a group of researchers from:

- The University of Queensland
- St Andrew's War Memorial Hospital
- Royal Brisbane and Women's Hospital
- Queensland University of Technology.

The study is funded by Wesley Medical Research and The University of Queensland.

Ethics approvals

The project has been granted the following ethics approvals:

Uniting Health Care #1702

The University of Queensland #2017000609



Parkinson's Disease: How's your sleep?



Parkinson's Disease

Many people with Parkinson's Disease have trouble sleeping.

This includes difficulties falling and staying asleep, and waking up early.

Many individuals also experience daytime fatigue, changes in their mood, concentration and memory.

The melatonin for Parkinson's Disease study

We are studying the effectiveness of melatonin for improving sleep quality in patients with Parkinson's Disease.

The study is an individualised trial comparing melatonin and placebo (dummy tablets).

Melatonin is used to help sleep, but this scientific study will determine whether there is a true effect in individual people with Parkinson's Disease.

By recording individual symptoms in a sleep diary and using a special watch to record sleep patterns, we will be able to identify individual responders and non-responders to melatonin.

This will have positive impacts on health and quality of life for both people with Parkinson's Disease and their family members (especially carers).

What is melatonin?

Melatonin is a naturally produced hormone which regulates the sleep-wake cycle.

Melatonin regulates the body clock by promoting the desire to sleep at night and the desire to remain awake and alert during the daytime.

We believe melatonin may be particularly effective to help improve sleep in individuals with Parkinson's Disease, but this has not been studied.

Who is eligible?

Individuals with Parkinson's Disease and:

- Chronic sleep difficulties/insomnia
- Are over 30 years of age.

What is involved?

This trial is available Australia-wide and can be completed from the comfort of your own home.

You will be given medication throughout the 12 week study, alternating between melatonin and a placebo that is inactive.

You will need to wear a special watch that monitors movement to detect when you are asleep and awake.

During the trial you will fill out a short daily sleep diary. You can do this online or on paper.

The research assistant will call you every week to see how you are and address any queries.

At the end of the study an individual report will be sent to your doctor on whether melatonin helped your sleep.

You and your doctor can decide whether you should continue melatonin.



Find out more

Dr Jane Nikles

Centre for Clinical Research
The University of Queensland

M: 0408 599 033

E: insompd@uq.edu.au

W: [clinical-research.centre.uq.edu.au/
melatonin-parkinsons](http://clinical-research.centre.uq.edu.au/melatonin-parkinsons)

For further information, please speak to your doctor about the study.