



Parkinson's Disease: Do you have trouble sleeping?

The University of Queensland Centre for Clinical Research, in conjunction with Wesley Medical Research, is conducting a research study.

What is the research study about?

We are undertaking a project to look at the effectiveness of melatonin for improving sleep quality in individuals with Parkinson's Disease.

What is melatonin?

Melatonin is a natural hormone produced by the brain. It regulates the body clock and has been used to help people sleep.

Who are we looking for?

Individuals with Parkinson's Disease and:

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

What would be 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).

You will need to wear a special watch which detects movement and measures your sleep, and you will also need to fill out a daily sleep diary. You can do this online or on paper.

For more information, contact:

Dr Jane Nikles

P: 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)