

## Sleep Disorders in Patients with Parkinson Disease and its Correlation to Motor

of Sleep Disorders 3<sup>rd</sup> edition (ICSD-3). The categories of sleep disturbances apparent in patients with PD thus comprise insomnia, disorders of daytime somnolence, sleep-related breathing disorders,

## Discussion

Seventy-one patients with PD were evaluated to identify the frequency and pattern of sleep disturbances among Sudanese patients with Parkinson's disease. More than one-third (38%) had significant sleep disturbance (PDSS-2) with a cut-off point of 18. This finding goes with previous studies done in DO-Porto for assessing the association of sleep and central parkinsonian pain, which reported that (33%) of patients with PD have significant ND using PDSS-2 with cut-off 18 [7]. They stated that these patients with sleep disturbances have more severe motor symptoms, motor fluctuation, more frequent pain and lower functional independence. On the other hand, the Ethiopian study in 2019 showed that 43.9% of PD patients had significant nocturnal disturbances using the same cut-off point [8]. In contrast, the Taiwanese study in 2019 (15) revealed that 47.8% were poor sleepers