

Cardiovascular and Sleep Metrics in Parkinson's Disease Patients in an Online Exercise Program: Initial Descriptive Results of a Pilot Study



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Background

Sleep metrics in Parkinson's Disease (PD) patients are known to be improved following in-person exercise, including total sleep time, slow wave sleep, and sleep onset latency. The effect of exercise on the heart in PD is unknown

Online exercise program influences on sleep is unknown. PD patients undergoing supervised resistance training exercise three times per week for sixteen weeks, including time spent SWS and total sleep time, as compared to a group in sleep hygiene being given advice on sleep (Amara et al., 2020)

The purpose of this ongoing pilot study is to evaluate the effects of an online exercise program on sleep parameters and cardiac mechanics in people with PD

METHODS

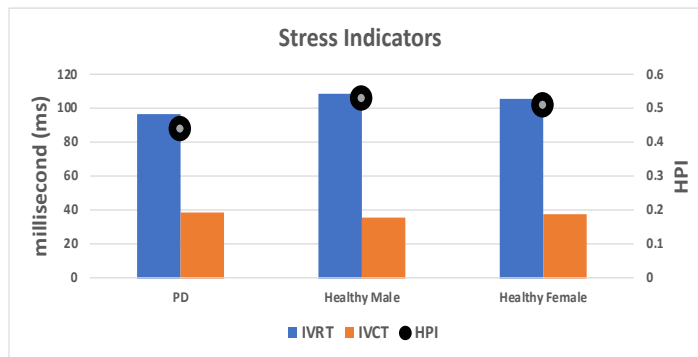
Greater than a 23 on the Montreal Cognitive Assessment

Actigraph worn every night for sleep assessment

LLA Recordis™ cardiac sensor used for 1 minute every morning for timing assessment of the cardiac cycle



RESULTS AND CONCLUSIONS



Acknowledgement: We would like to thank all the participants for their participation in the project

HPI at 0.44

Systole at 320ms

Diastole at 372ms

IVCT at 39ms

IVRT at 97ms

MVO to E at 42ms

Twist force at 14mG

Total sleep time was 6hr and 48min

Onset latency was 21min

Sleep efficiency was 83%

WASO was 41min