



THE PERRY & RUBY STEVENS

Parkinson's Disease

CENTER OF EXCELLENCE

"Sleep Issues - Efficacy & Sensitivity of Technological Assessments
(SIESTA): A Stevens Parkinson's Disease Center Pilot Study

"Presented by Dr. Mitzi Gonzales

Abstract

Parkinson's disease is frequently presents with sleep disturbance, which impacts quality of life and amplifies healthcare costs. While polysomnography is the gold-standard method objectively assessing sleep, digital devices offer the potential of large-scale, continuous real-world data. In this presentation, we will review the results of a pilot study, which aimed to compare the accuracy of commercial-grade digital sleep monitors to polysomnography among adults with a diagnosis of early-stage Parkinson's disease.