



## **Dr. Lucille Carrierre**

### **PARKINSON'S AND SLEEP: UNDERSTANDING THE DISRUPTION**

This presentation focuses on how Parkinson disease affects sleep. It covers common sleep disturbances such as insomnia, fragmented sleep, REM sleep behavior disorder, and excessive daytime sleepiness. We will look at how these issues develop, why they are so common in Parkinson's, and what impact they have on daily functioning and overall quality of life. The goal is to provide a clear understanding of the sleep-related challenges faced by people with Parkinson's and highlight strategies that may help improve sleep and quality of life.

### **ABOUT DR. CARRIERRE**

Dr. Carrierre is a staff clinical health psychologist and section head for behavioral health services with the Cleveland Clinic Lou Ruvo Center for Brain Health. She also holds the Angie Ruvo Endowed Chair for Family Caregiving and is responsible for leading psychosocial and interdisciplinary programming for patients and families affected by neurodegenerative diseases. Dr. Carrierre directs the Center's counseling, music therapy, and social work programs. She provides counseling and specialized behavioral sleep medicine services to patients and families. Dr. Carrierre completed her fellowship in health psychology at Cleveland Clinic's Mellen Center for Multiple Sclerosis. She currently serves as faculty for the Parkinson's Disease Foundation's interprofessional team training program. She has also spoken at numerous patient and family educational programs hosted by the Parkinson's Foundation, CurePSP, Huntington's Disease Society of America, National Ataxia Foundation, and National Multiple Sclerosis Society.