

Ref. 1 [The Experience of OFF Periods in Parkinson's Disease: Descriptions, Triggers, and Alleviating Factors - PubMed \(nih.gov\)](#)

Ref. 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5567551/>

Ref. 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5567551/>

Ref. 4 <https://parkinsonsnewstoday.com/2021/09/03/homeostasis-and-parkinsons-understanding-2nd-dopamine-center-insular-cortex/>

Ref. 5 <https://parkinsonsnewstoday.com/2021/03/19/8-steps-better-sleep-with-parkinsons/>

Ref. 6 <https://www.healthcentral.com/article/understanding-on-off-periods-with-parkinsons>

Ref. 7 <https://parkinsonsnewstoday.com/2021/12/10/parkinsons-self-management-tools/>

**OFF Period References** What is the narrative and what is the science?

[The Experience of OFF Periods in Parkinson's Disease: Descriptions, Triggers, and Alleviating Factors \(aah.org\)](#)

Ref. a [Understanding 'OFF' Time | Parkinson's Disease \(michaeljfox.org\)](#)

[Ask the MD: 'OFF' Time in Parkinson's Disease | Parkinson's Disease \(michaeljfox.org\)](#)

[Understanding On/OFF Periods With Parkinson's Medications \(healthcentral.com\)](#)

[Exploring the Clinical Burden of OFF Periods in Parkinson Disease \(ajmc.com\)](#)

[Wearing OFF and motor fluctuations | European Parkinson's Disease Association \(epda.eu.com\)](#)

[What is "OFF-time", "wearing OFF" and "on-time" in Parkinson's Disease? - AgingCare.com](#)

["OFF PERIOD" DYSTONIA AND "ON PERIOD" CHOREOATHETOSIS IN LEVODOPA-TREATED PATIENTS WITH PARKINSON'S DISEASE - The Lancet](#)

## Science

[Impact of OFF Periods on Persons With Parkinson Disease and Care Partners | Neurology Clinical Practice](#)

[Emergencies and critical issues in Parkinson's disease | Practical Neurology \(bmj.com\)](#) tie to OFF period being the most likely time for such complications

[Alleviation of OFF-period dystonia in Parkinson disease by a microlesion following subthalamic implantation in: Journal of Neurosurgery Volume 112 Issue 6 \(2010\) Journals \(thejns.org\)](#) DBS provides relief [OFF-period status dystonicus in Parkinson's disease treated with deep brain stimulation: A case report - Fujioka - 2020 - Neurology and Clinical Neuroscience - Wiley Online Library](#)

[Correlation Between Lacunae and the Wearing-OFF Phenomenon in Parkinson's Disease \(nih.gov\)](#)

### Biological Clock and OFF Periods

Reviews [Overview of Circadian Rhythms \(nih.gov\)](#) and [Biological Clock - an overview | ScienceDirect Topics](#) and [Circadian Rhythm Disorders | NHLBI, NIH](#) and [\(PDF\) The biological clock: Future of neurological disorders therapy \(researchgate.net\)](#)

[Sleep and circadian rhythms in Parkinson's disease and preclinical models - PubMed \(nih.gov\)](#)

[Roles of clock genes in the pathogenesis of Parkinson's disease - PubMed \(nih.gov\)](#)

[A New Perspective for Parkinson's Disease: Circadian Rhythm \(nih.gov\)](#)

[Circadian dysregulation in Parkinson's disease - ScienceDirect](#)

[Autonomic nervous system dysfunction in Parkinson's disease: relationships with age, medication, duration, and severity. \(nih.gov\)](#)

Great article [Chronotherapies for Parkinson's disease - ScienceDirect](#) can we tie to OFF period?

[Bright Light Therapy in Parkinson's Disease: An Overview of the Background and Evidence \(hindawi.com\)](#)

[Targeting the Body's Circadian Clock to Improve Sleep Quality in Parkinson's Disease | Parkinson's Disease \(michaeljfox.org\)](#)

[Circadian system - A novel diagnostic and therapeutic target in Parkinson's disease? - Abstract - Europe PMC](#)

[A New Perspective for Parkinson's Disease: Circadian Rhythm - PubMed \(nih.gov\)](#)

[Disrupted circadian rhythms linked to later Parkinson's diagnoses - Neuroscience News](#)

[Circadian and sleep disorders in Parkinson's disease - PubMed \(nih.gov\)](#)

[Circadian activity rhythm in Parkinson's disease: findings from the PHASE study - ScienceDirect](#)

[Sleep Dysfunction and its Management in Parkinson's Disease \(nih.gov\)](#)

Note - psychotic symptoms typically occur in the evening [What You Need to Know About Psychosis in Parkinson's Disease \(resist.does-it.net\)](#)