CLÍNICA VIVALDI · FREE SHEET · SLEEP-WAKE

Obstructive sleep apnoea

Pauses in breathing during sleep due to airway obstruction, with snoring and daytime sleepiness. He has effective medical treatment.

COMMON SIGNS

- Loud snoring and pauses in breathing
- Tiredness on waking
- Daytime sleepiness

TIPS FOR YOU

1. See your doctor or a sleep clinic
2. Avoid alcohol in the evening
3. Look after your weight and sleeping position

FOR FAMILY AND FRIENDS

1. Tell them if you notice pauses in their breathing
2. Encourage them to see a doctor

WHEN TO ASK FOR HELP

1. If you fall asleep while driving
2. If you have high blood pressure or heart problems

TO OBSERVE AND NOTE DOWN

☐ I snore loudly
☐ I've been told I stop breathing while I sleep
☐ I wake up feeling like I'm choking
☐ I wake up with a headache
☐ I feel sleepy during the day
☐ I find it hard to concentrate
☐ I get up several times a night to urinate
☐ I have high blood pressure

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/apnea-obstructiva-del-sueno
- Spanish Sleep Society: information for patients: https://ses.org.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com