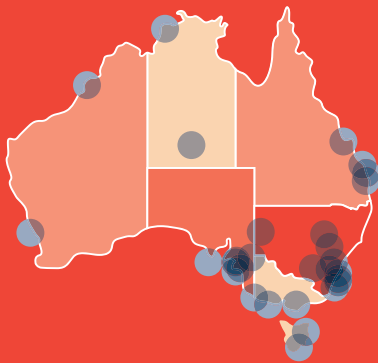
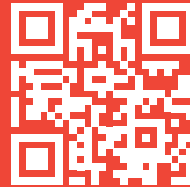


Sleep & your heart health

Please scan the QR code to visit Heart Support Australia's website for additional information and access our online resources to further support your journey.



Being part of Heart Support Australia and sharing your lived experience benefits your heart health in many ways.

A: Level 3/50 Launceston St, Phillip
ACT 2606, Australia

E: office@heartnet.org.au

P: 02 6253 0097

W: heartsupport.org.au



@heartsupportaustralia



@heartsupportaus



@heart-support-australia

Heart Support Australia acknowledges the Traditional Owners and custodians of country throughout Australia and their continuing connection to land, waters, and community. We pay our respect to them and their cultures, and Elders past, present and future.



**KNOW YOUR NUMBERS
TREAT YOUR RISK**

Help reduce the chances of a secondary heart event by knowing your numbers. Visit www.knowyournumberstreatyourrisk.com.au

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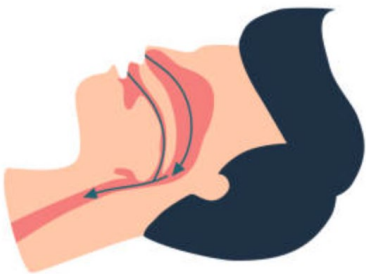
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Sleep is essential for physical and mental wellbeing

- Healing and repair of tissues and cells
- Improved heart health
- Improved blood sugar levels
- Improved immune system
- Improved mood and energy
- Improved brain function: alertness, decision-making, concentration, memory, reasoning, problem-solving
- Reduced risk of chronic disease
- Improved mood and emotional well-being
- Aids in maintaining a healthy weight

Normal Sleep



Obstructive Sleep



Obstructive Sleep Apnoea

The definition of Apnoea is the cessation of airflow at the nose and mouth lasting at least 10 seconds. It is important that you speak with your GP about having a sleep study. If you have the symptoms below.

- Excessive daytime sleepiness
- Loud snoring
- Observed episodes of stopped breathing during sleep
- Abrupt awakenings accompanied by gasping or choking
- Awakening with a dry mouth or sore throat
- Morning headache
- Difficulty concentrating during the day
- Aids in maintaining a healthy weight

Individuals vary in their sleep needs, but most adults require between 7 and 9 hours a night.

If you have concerns with your sleep pattern, please talk to your health professional.



Talking with your health professional about sleep

Rest and healing: During sleep, the body repairs tissues, muscles, and cells, and boosts the immune system. Ensuring good sleep begins with a conversation with your health professional. These questions can help identify potential symptoms and risk factors for sleep Apnoea, which may warrant further evaluation, such as a sleep study, to confirm the diagnosis.

Understanding the effects of poor sleep

- Is it possible that I have sleep Apnoea?
- My partner says I snore loudly.
- I feel tired in the morning.
- I wake up coughing, choking, and gasping.
- I feel sleepy during the daytime.
- My partner has noticed that I stop breathing during sleep.
- I have a dry mouth and sore throat in the morning.
- I have headaches in the morning.
- I have had difficulty concentrating lately.
- I feel low mood.
- Do I need to have a sleep study?

Healthy lifestyle practices



Smoking cessation



Weight loss



Exercise



Reduce stress



Lower LDL cholesterol



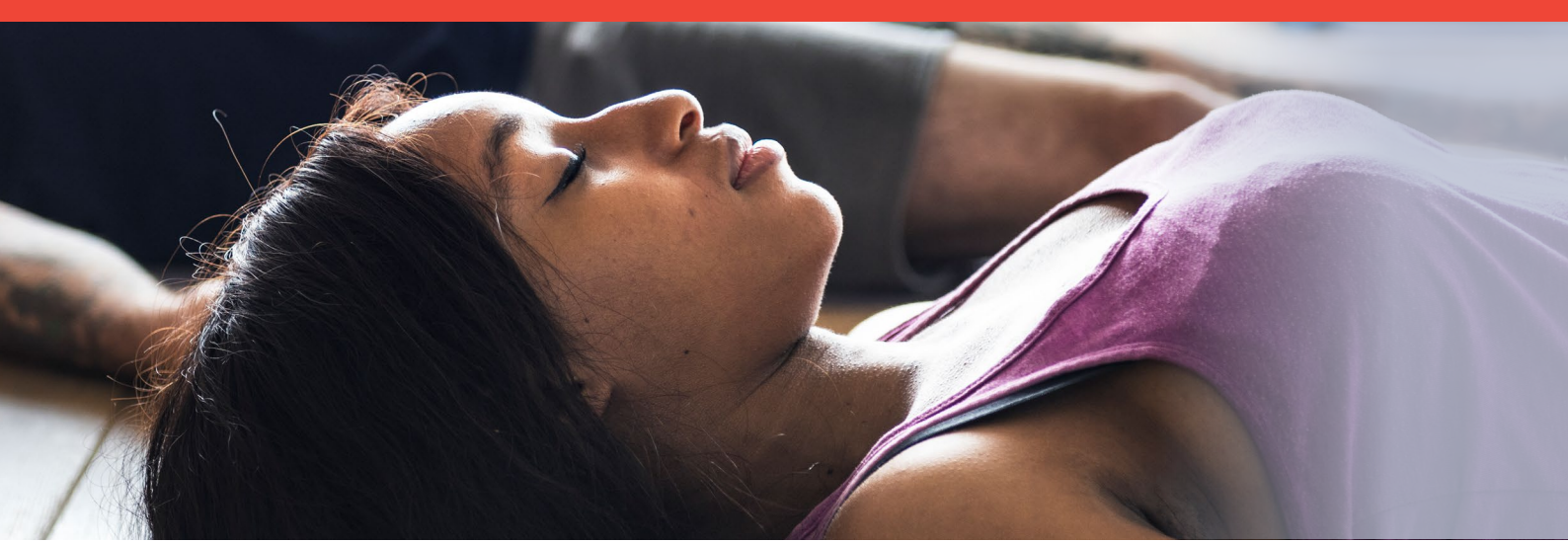
Reduce alcohol



Lower Blood pressure



Have a healthy diet



General sleep hygiene



- Routine is important.
- Set a target bedtime.
- Choose a supportive bed – not too soft, not too hard.
- Maintain the right room temperature.
- Darkness promotes sleep.
- Develop relaxation strategies: Breathwork, yoga, mindfulness.
- Avoid technology and artificial light, especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone.
- Put your mobile phone on “do not disturb.”
- Avoid stimulants before bedtime – coffee, caffeinated drinks, sugary foods, and excessive fluid intake.

For those with sleep apnoea

Positional therapy Avoid sleeping on your back.

Lateral sleeping position Use a triangle pillow to prevent rolling onto your back.

Elevated position Use two or more pillows.

Utilise oral appliances, nasal dilators, and chin straps to bring the lower jaw and tongue forward during sleep.

Speech therapy and voice training

Surgery options include tonsillectomy and adenoidectomy.

Continuous positive airway pressure (CPAP): This device allows oxygen to be continuously transported to your cells while you sleep.

Lifestyle modifications

- Smoking cessation
- Weight loss
- Exercise
- Treating high blood pressure
- Treating atrial fibrillation
- Treating heart failure