

Sleep Well Programme



A Patient's Guide

PART 4

Sleep and Breathing (Snoring & Sleep Apnoea)

Snoring isn't always Harmless

Loud snoring and pauses in breathing may be a sign of sleep apnoea.

Common signs:

- ☺ Loud snoring
- ☺ Waking up gasping
- ☺ Morning headaches
- ☺ Feeling very tired during the day

Why this matters:

- ☺ Can increase risk of:
- ☺ High blood pressure
- ☺ Heart disease
- ☺ Stroke

What we found:

- ☺ Many people have symptoms
- ☺ Very few are receiving treatment

Seek urgent review if:

- ☺ You fall asleep while driving or working
- ☺ Someone notices you stop breathing frequently
- ☺ You have severe daytime sleepiness affecting safety

What you should do:

Speak to your GP if you:

- ☺ Snore loudly
- ☺ Feel very sleepy in the day
- ☺ Have been told you stop breathing in sleep

Treatment can help:

- ☺ Improve sleep quality
- ☺ Reduce health risks
- ☺ Improve energy levels



Take home message

Sleep apnoea is common and treatable—don't ignore the signs.

