Narcolepsy & Your Heart

Did you know that having a sleep disorder like narcolepsy increases your risk of cardiovascular disease?

Talk to your doctor about treating your sleep disorder and about your risk of heart disease.

How does sleep affect your heart?

1. High blood pressure
   - lack of sleep can lead to high blood pressure, a leading risk of heart disease and stroke

2. Obesity
   - lack of sleep affects the part of the brain that controls hunger

3. Diabetes
   - diabetes can damage your blood vessels, but getting enough sleep can lower your risk of diabetes by controlling blood sugar

Symptoms of Sleep Disorders

- Trouble staying awake during the day
- Brain fog
- Unrefreshing sleep, fragmented sleep, or insomnia
- Irresistible urge to sleep
- Sudden loss of muscle control (known as cataplexy)

Getting Enough Sleep

- Don’t smoke.
- Maintain a regular sleep schedule.
- Avoid caffeine and alcohol before bed.
- Avoid large or heavy meals before bed.
- Relax and turn off screens at least one hour before sleep.

Treatment

Treating your sleep disorder can help your heart. Talk to your doctor about treatment that is right for you.

Note: Some medications for sleep disorders are high in sodium which can impact your heart.

Learn more at: www.mendedhearts.org

Thanks to Jazz Pharmaceuticals for an Educational Grant.