



SNORING AND SNORTING IN YOUR SLEEP

Sleep disordered breathing can refer to a range of issues. When linked with snoring and excessive daytime tiredness, you should see your GP.

Obstructive Sleep Apnoea (OSA) is a serious sleep disorder. It is more common in those with a diagnosis of ADHD. It is estimated around 25% of those diagnosed have OSA.

Symptoms include:

- Being tired during the day
- Snoring and suddenly awakening from sleep (though some sufferers are not disturbed)
- Lack of concentration in the daytime
- Low mood, depression, irritability
- Dry mouth on waking
- And many more...

What you can do:

- Book an appointment with your GP and describe your symptoms
- If you have a bed partner, ask them to check what you are like when you are asleep
- Try to record yourself sleeping

If you are concerned about sleep apnoea, visit the charity www.Hope2Sleep.co.uk for expert information in sleep disordered breathing.

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk