the Sleep Charity

ADVICE SHEET

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**

Lack of concentration in the daytime

Snoring and suddenly awakening from sleep (though some sufferers are not disturbed)

Low mood, depression, irritability

Dry mouth on waking

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.

the national sleep helpline **03303 530 541**

For more information visit
thesleepcharity.org.uk