

## Questions to Ask Your Doctor About Sleep and Cardiovascular Disease

The following questions can help you talk to your physician about your sleep concerns. **Print out or write down these questions and take them with you to your appointment.** Taking notes can help you remember your physician's response when you get home.

- How much sleep should I aim to get each night?
- What can I do to promote good-quality sleep?
- Is my heart disease contributing to my sleep problems?
- Are certain sleeping positions better than others to help me get the sleep I need?
- Are my sleep problems affecting my heart disease?
- Is my snoring a sign of sleep apnea? How does sleep apnea affect my heart?
- Do any of my current medications cause sleepiness or insomnia?
- I'm feeling stressed and I can't sleep well at night. What can I do about my <u>stress level</u>?
- Are there any sleep medications that can improve my sleep?