



Sleep Dynamics
Foundations of Great Sleep



The majority of patients with stroke and transient ischemic attack (TIA) have sleep apnea. This is mainly because stroke patients with Sleep Apnea have worse functional outcomes and therefore investigation of stroke should include screening for Sleep Apnea.

People suffering from Sleep Apnea experience a number of symptoms that may result in a stroke, these include:

- Repetitive drops in nocturnal blood oxygen levels caused by Sleep Apnea, which can result in intermittent hypoxia.
- Sleep fragmentation resulting in hyper-sympathetic activity.

Stroke has the potential to cause Sleep Apnea; either by central mechanisms resulting in central sleep apnea or by affecting muscle tone resulting in obstructive sleep apnea (where your body still tries to breathe, but can't due to an airway obstruction)

If you have any symptoms that could be associated with Sleep Apnea and you have cardiac disease speak to your doctor today.

Call our friendly and informative
Sleep Team. Phone: (02) 4044 1260