

Live healthy with a positive lifestyle

Adopting a healthy lifestyle is a key part of sleep apnea treatment. It is crucial to get the most out of the therapy and enjoy life to the fullest. Small changes can make a big difference!



Smoking, obesity, alcohol, certain medications, and poor sleep hygiene all have a detrimental effect on your health and contribute to sleep apnea symptoms.¹⁻⁹ You can make positive changes to your health and wellbeing by looking at ways to modify what you eat and drink, maintain a healthy weight, and by exercising. These improvements will also boost the efficacy of your CPAP therapy.

In a nutshell, for a healthy lifestyle, aim to:



Adopt good sleep hygiene



Eat three balanced meals a day, at regular intervals, while seated at a table in a quiet place. Also, avoid big meals before going to sleep



Drink 1.5 to 2 litres of water per day.¹⁰ Limit your consumption of alcohol and caffeine-based drinks such as coffee or energy drinks, especially at the end of the day^{3,4}



Exercise regularly¹¹



Try to quit or reduce smoking^{6,12}

1. La Fondation du Souffle. La lettre du souffle – Bulletin de liaison des amis du Comité contre les Maladies Respiratoires. N°50 **2**. Crispim CA et al. Relationship between food intake and sleep pattern in healthy individuals. *J Clin Sleep Med*. 2011 Dec 15;7(6):659-64 **3**. Bonnet MH et al. Caffeine use as a model of acute and chronic insomnia. *Sleep*. 1992 Dec;15(6):526-36 Abstract only **4**. Feige B et al. Effects of alcohol on polysomnographically recorded sleep in healthy subjects. *Alcohol Clin Exp Res*. 2006 Sep;30(9):1527-37 **5**. Krishnan V et al. Where there is smoke...there is sleep apnea: exploring the relationship between smoking and sleep apnea. *Chest*. 2014 Dec;146(6):1673-1680 **6**. <https://www.tabac-info-service.fr/> **7**. Jullian-Desayes I et al. Impact of concomitant medications on obstructive sleep apnoea. *Br J Clin Pharmacol*. 2017 Apr;83(4):688-708 **8**. Platt LM et al. Nonpharmacological Alternatives to Benzodiazepine Drugs for the Treatment of Anxiety in Outpatient Populations: A Literature Review. *J Psychosoc Nurs Ment Health Serv*. 2016 Aug 1;54(8):35-42 **9**. Cowie MR. Sleep apnea: State of the art. *Trends Cardiovasc Med*. 2017 May;27(4):280-289 Not free **10**. European Commission. Food-based dietary guidelines in Europe. Table 16: Summary of FBGD recommendations for water for the EU, Iceland, Norway, Switzerland and the United Kingdom. Available on the EC website: <https://ec.europa.eu/jrc/en/health-knowledge-gateway/promotion-prevention/nutrition/food-based-dietary-guidelines> **11**. Hall KA et al. Physical activity is associated with reduced prevalence of self-reported obstructive sleep apnea in a large, general population cohort study. *J Clin Sleep Med*. 2020 Jul 15;16(7):1179-1187 **12**. National Health Service – Royaume-Unis. <https://www.nhs.uk/live-well/quit-smoking/10-self-help-tips-to-stop-smoking/>