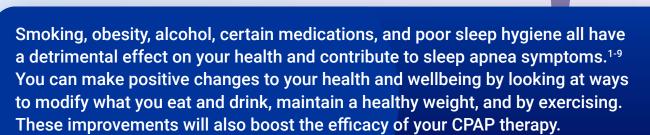
## Live healthy

## 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!



## 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**. <sup>10</sup> Limit your consumption of alcohol and caffeine-based drinks such as coffee or energy drinks, especially at the end of the day<sup>3,4</sup>



Exercise regularly<sup>11</sup>



Try to quit or reduce smoking<sup>6,12</sup>

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):559-64 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-Deayes I et al. Impact of concomitant medications on obstructive sleep apnea. 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 Psychosoo Nurs Ment Health Serv. 2016 Aug 15;4(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 FBDG 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-prevenion/nutrition/food-based-dietary-guidelines 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/

