

Lifestyle Changes for Sleep Apnea

Getting a good night's rest with sleep apnea may seem out of reach. But making some lifestyle changes may help ease your symptoms, so you sleep better.

Two things that can make sleep apnea worse are being overweight and smoking. These can affect your upper airway, causing problems with breathing.

If you are overweight, losing even a few pounds may help improve your symptoms. So, too, will quitting smoking, if you smoke. Talk with your healthcare provider about strategies to help you achieve these goals, if needed.

Some other everyday changes that may improve your symptoms include: Being more physically active during the day; Limiting caffeine and alcohol in the hours before bedtime; Sleeping on your side instead of your back; And starting a healthy sleep routine, like going to bed and waking up at the same time every day.

Some of these lifestyle changes may be harder to keep than others. Keep in mind, your healthcare provider is here to support you. They can give you the tools you need to make lasting healthy changes.