

Patient/Doctor Discussion Guide

Sleep Disorders & Cardiovascular Disease



Research has shown that sleep disorders may increase the risk of cardiovascular disease (CVD) and can impact heart health. Be prepared to get the most out of your appointment.



**Learn as much as you
can about your risk.**



**Write down questions
to ask your doctor.**

- What are the components of cardiovascular health?

- How does my sleep disorder put me at a higher risk of CVD?

- What signs or symptoms should I be aware of?

- I don't have a history of CVD; are there things that I can do to maintain my health?

- Should I consider adding a cardiologist to my care team?



Learn more at heart.org/sleepdisorders