

MORE THAN
tired



NARCOLEPSY IMPACTS MORE THAN SLEEP— IT IMPACTS HEART HEALTH TOO

In addition to dealing with symptoms, such as excessive daytime sleepiness, people with narcolepsy tend to have higher rates of other health conditions than those without narcolepsy, such as diabetes, high cholesterol, and certain cardiovascular conditions, including:

2.5X

HIGHER RISK
FOR STROKE*

1.6X

HIGHER RISK
FOR HEART ATTACK*

2.6X

HIGHER RISK
FOR HEART FAILURE*

1.3X

HIGHER RISK FOR HIGH
BLOOD PRESSURE†

*Odds ratio. A study compared 9312 people with narcolepsy vs 46,599 people without narcolepsy.

†Odds ratio. An interview-based study compared 320 people with narcolepsy vs 1464 people without narcolepsy.

Do you have any of these cardiovascular risk factors? Ask yourself:

Have you been diagnosed with narcolepsy?

People with narcolepsy are at a higher risk for cardiovascular diseases.

Do you have a family history of cardiovascular diseases, including high blood pressure, stroke, or heart attack?

Different types of cardiovascular diseases can run in families.

Do you often experience anxiety or depression?

There may be a connection between these mood disorders and the development of cardiovascular disease.

Do you find it difficult to get enough physical activity?

A sedentary lifestyle is a common risk factor for cardiovascular disease, including stroke.

Do you smoke?

Smoking is a key risk factor for cardiovascular disease.

Do you take a stimulant?

Prescription stimulants can cause a modest rise in heart rate and blood pressure and are linked to increased cardiovascular risk.

Could you be taking in too much sodium?

High sodium intake can cause an increase in blood pressure, which is a major risk factor for heart disease and stroke.

TO LEARN MORE
SCAN THE CODE



DON'T SLEEP ON HEART HEALTH

Check any boxes? Bring this to your sleep specialist to discuss how to decrease your risk.