



Do's/Don'ts of Diving with Sleep Apnea

✅ DO DIVE IF

- 😴 You used CPAP last night
- 🛏️ You slept well
- 👁️ You feel fully awake
- 🧳 You brought CPAP, cord, extra parts
- ❤️ Your heart was checked by a doctor
- 🏊 You feel strong enough to swim
- 🌊 You planned easy dives (shallow, slow)
- ✈️😊 You feel okay after travel

❌ DON'T DIVE IF

- ❌😴 You did not use CPAP
- 🕒😴 You slept only a few hours
- 😴 You feel very sleepy
- 🔌❌ You can't use CPAP on the trip
- ❤️? Your heart was not checked
- 💪🌊 The dive needs hard swimming / rough water
- 🍺💊 You had alcohol or sleep meds
- ⚙️😴 CPAP still isn't working right

⚠️ REMEMBER

- 😴❌ Sleepy diving = Unsafe mistakes
- ❤️⚠️ Heart risk matters underwater
- 😴❌ If you don't feel right — don't dive

● **When in Doubt: SIT IT OUT**