

The Importance of Sleep

Sleep is important for both your physical and mental wellbeing – it helps you recover from the stresses of the day allowing your body and mind to recharge ready for another day of activity.¹



Not getting enough sleep can affect how well your brain functions, stops you thinking clearly, affects your work and school performance, your mood and even how safely you drive^{2,3}



Even a small lack of sleep can be a problem just 1-2 hours less sleep for a few nights can affect how you function the next day⁶



Poor quality sleep interrupted or fragmented sleep can leave you feeling tired and not refreshed despite having had 'enough' hours sleep^{4,5}



Ongoing (long-term) sleep problems can affect your physical health and have been linked to a number of health issues such as weight gain and weakened immunity²

There are many different reasons why you may not be getting enough good quality sleep and one common reason is having a blocked or stuffy nose (nasal congestion).

If you are having trouble sleeping it is a good idea to see your doctor. Keeping a sleep diary is a good way to track your experiences which you can then share with your health professional.

Nasal congestion and sleep



Having a blocked nose can make it hard for you to get to sleep or stay asleep – leaving you feeling tired and sleepy during the day.⁴



Nasal congestion is a very common problem and is one of the main symptoms seen in allergic and non-allergic conditions that affect the upper respiratory tract (which includes the nose, nasal cavity, sinuses, mouth and throat).⁷



A stuffy or blocked nose is one of the most troublesome symptoms for many people with common nasal conditions such as hayfever (allergic rhinitis) and is most often related to sleep difficulties.⁸⁻¹⁰

What causes nasal congestion?

Normally your nose and sinuses are able to clear themselves, but sometimes this does not happen:



Allergies (such as hayfever), sinus infections, colds and the flu can all cause inflammation and swelling of the moist, inner lining of the nose^{7,8}

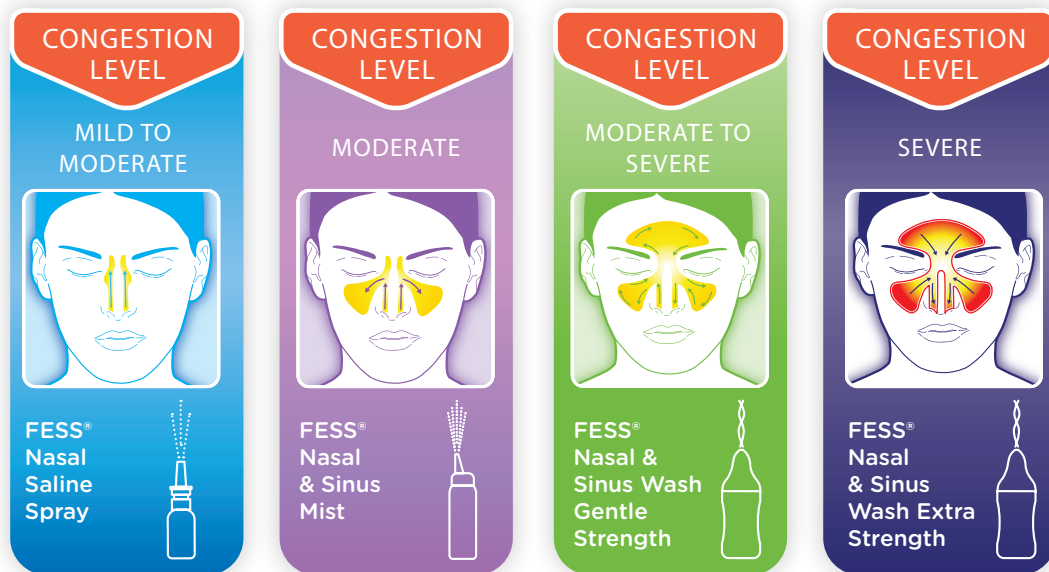


Fluid builds up in the lining of the nose and this swelling reduces the size of the nasal passages making breathing through your nose more difficult, particularly at night^{3,7}



An infection (such as a cold) or irritation (from an allergy) of the tissues in your nose and sinuses can trigger extra amounts of mucus to be produced. This can then block your already swollen nasal passages and lead to nasal congestion, painful sinuses and facial pressure – as well as postnasal drip (where mucus from your nose or sinuses drips down the back of your throat)⁸ – which can all interfere with how well you sleep.

Regular use of FESS® can help clean and clear blocked noses* and help relieve sinus congestion



FESS® can also help moisten nasal passages to prevent dryness¹³

- ✓ Non-medicated FESS® saline sprays and washes help humidify and moisturise nasal passages
 - Airway dryness is a common problem if you regularly use a CPAP device¹⁴
 - FESS® can be used with other over-the-counter products and prescription medications, such as antihistamines and decongestants, to help prevent nasal passages and sinus tissues drying out
 - Can be used as an additional treatment to clear the nose before using your medicated nasal sprays – to help improve their absorption and effectiveness^{13,15}
- ✓ FESS® Dry Nose Oil Spray relieves nasal dryness including that due to oxygen, CPAP and nasal medication use
 - Lubricates dry nasal tissues
 - Reduces nasal irritation and itching
- ✓ FESS® Nasal Gel relieves dry, chafed and sore noses
 - Provides a protective barrier while still moisturising the sensitive skin around your nose
 - Ideal for raw and chafed noses that often accompany nasal congestion and CPAP use

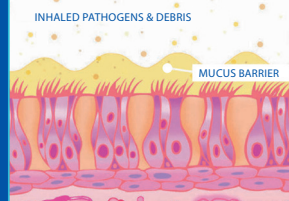
FESS®: A simple and effective way to relieve nasal congestion and dryness



How FESS® works

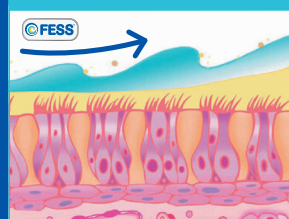
FESS® helps relieve nasal and sinus congestion due to colds, sinusitis, rhinitis and allergies.

THE PROBLEM



When you have allergies, hayfever, a cold or a flu, mucus in your nose becomes thicker – which can lead to congestion^{8,18}

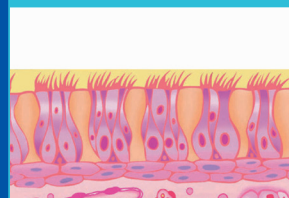
THE SOLUTION



FESS® Nasal Sprays and Washes:

- ✓ Gently thin and clear excess mucus^{11,12}
- ✓ Wash away allergens, dust and pollen^{11,12}
- ✓ Helps reduce inflammation and soothe irritation^{11,12}

A HEALTHY NOSE



Regular use of FESS® helps keep your nasal passages clean and free from mucus build up

References: 1. 1. Suni E. What Happens When You Sleep? [online] Last updated 30 October 2020. Available at: <https://www.sleepfoundation.org/how-sleep-works/what-happens-when-you-sleep> (accessed November 2021). 2. Medic G, et al. Nat Sci Sleep. 2017;9:151-61. 3. Kent DT, Soose RJ. Clin Chest Med. 2014;35(3):589-601. 4. Craig TJ, et al. J Allergy Clin Immunol. 1998;101(5):633-7. 5. Levine B, et al. Sleep. 1987;10(6):590-9. 6. Soksvik-Lehoullier I, et al. 2020;43(10):zsa0078. 7. Nocerio RM, et al. Int J Gen Med. 2010;3:47-57. 8. Hamilos D et al. Patient education: Chronic rhinosinusitis (Beyond the Basics). Last updated August 2021. <https://www.uptodate.com/contents/chronic-rhinosinusitis-beyond-the-basics> (accessed November 2021). 9. Juniper EF, et al. J Allergy Clin Immunol. 2003;111:484-90. 10. Storms W. Prim Care Respir J. 2008;17(1):7-18. 11. Casale M, et al. Int J Immunopathol Pharmacol. 2018;32:2058738418802676. 12. Wang YH, et al. J Microbiol Immunol Infect. 2014;47(1):63-9. 13. Santoro E, et al. Rhinology Online.2021;41:1-16. 14. Ghadiri M, Grunstein RR. Respirology. 2020;25(6):593-602. 15. Cingi C, et al. Front Allergy. 2021;2:638136. 16. #IRI Nasal Saline MAT to 24/10/21. 17. Kent DT, Kezirian EJ. Chapter 21 - Nasal Obstruction and Sleep-Disordered Breathing. Editor(s): Michael Friedman, Ofer Jacobowitz, Sleep Apnea and Snoring (Second Edition), Elsevier, 2020, Pages 128-32. 18. Fahy JV, Dickey BF. N Engl J Med. 2010;363(23):2233-47.

Abbreviation: CPAP, continuous positive airway pressure.

*caused by excess mucus

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