

## Sleep Disturbance in POTS Flowcharts

Miglis MG, Barwick F. Sleep disorders in patients with postural tachycardia syndrome: A review of the literature and guide for clinicians. *Autonomic Neuroscience*. 2018;215:62-69.

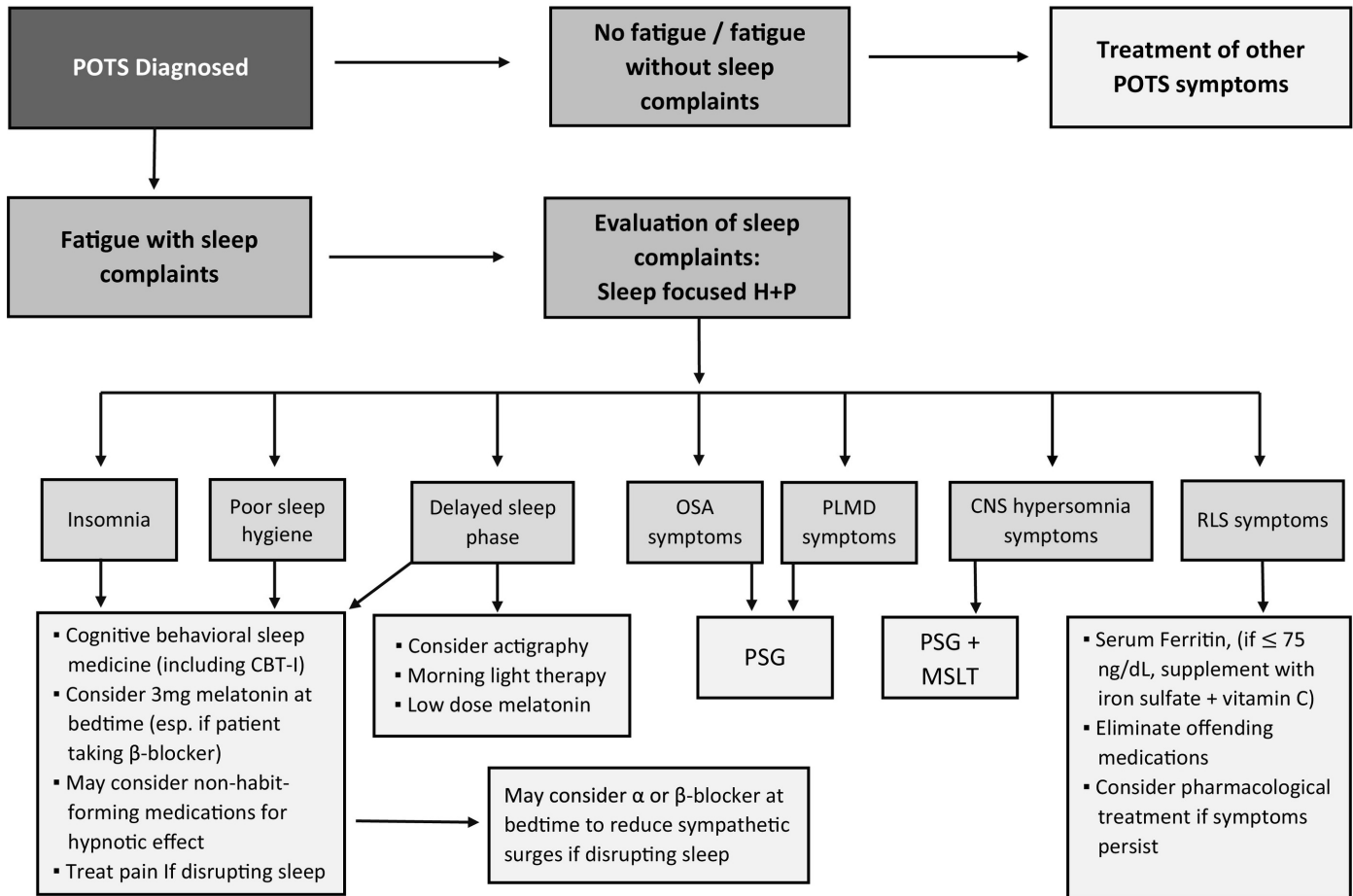


Fig. 1. Approach to workup and treatment of [sleep disorders](#) in patients with POTS.

H + P = history and physical,

CBT-I = [cognitive behavioral therapy](#) for insomnia,

CNS = [central nervous system](#),

MSLT = multiple sleep latency testing,

OSA = [obstructive sleep apnea](#),

[PLMD](#) = [periodic limb movement disorder](#),

PSG = polysomnogram,

RLS = [restless legs syndrome](#).

## Fatigue in POTS

Strassheim V, Welford J, Ballantine R, Newton JL. Managing fatigue in postural tachycardia syndrome (PoTS): The Newcastle approach. *Auton Neurosci.* 2018;215:56-61.

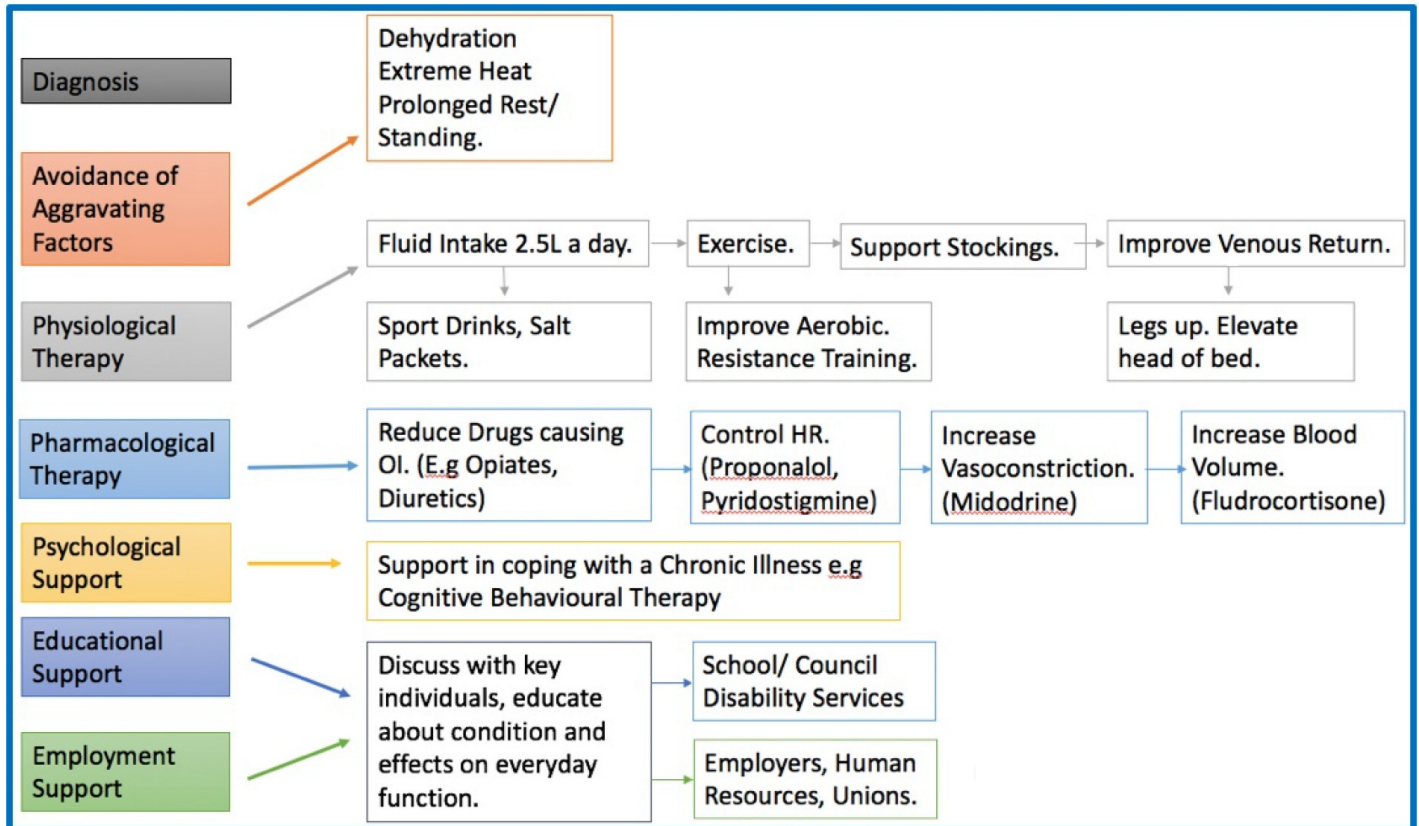


Fig. 2. Multidisciplinary approach to managing fatigue in PoTS.

### Exercise intolerance

Some people with HSD experience exercise intolerance (inability to exercise) or post-exertional malaise (feeling lousy for several days following exercise). These characteristics are very similar to myalgic encephalitis/chronic fatigue syndrome (ME/CFS). Research shows that people with ME/CFS do not re-activate their parasympathetic nervous system (PNS, the 'rest & digest' system) following exercise. The following is just a hypothesis, and has not been tested through research, but they are safe to try. Techniques to reactivate the PNS might help decrease post-exertional fatigue. Strategies include:

- Slow diaphragmatic breathing: 5 seconds inhale, 5 seconds exhale, 5 minutes.
- Heart rate variability (HRV) biofeedback, 5 minutes
- Humming, gargling