People with sickle cell disease (SCD) are at greater risk than the general population for lung problems. Lung problems can cause breathing-related difficulties and sleep-related disorders. Below is one step you can take towards better lung health.

Talk to your provider if you have, or have ever had, any signs or symptoms of breathing- or sleep-related problems. Use the checklist below to guide this discussion.

**Breathing- or Sleep-Related Problems Checklist (Check all that apply)**

- Coughing/wheezing
- Shortness of breath
- Difficulty breathing with exercise
- Chest pain
- Snoring
- Being very sleepy or drowsy during the day
- Waking up feeling unrested
- Early morning headaches
- Inability to focus or think straight, confusion
- Low oxygen levels (“hypoxemia”)
- Acute chest syndrome (life-threatening complication of SCD)
- Blood clots in the lungs
- Stroke
- Frequent pain episodes
- Recurring, prolonged erection of penis
- Bedwetting after 10 years of age
- Congestive heart failure (when the heart’s ability to pump blood to the body is very impaired)
- Fainting/dizziness

It is important to share your checklist with your provider because he or she may need to perform
- A sleep study (a test used to diagnose sleep disorders); and/or
- Routine testing to measure how well your lungs are working.

Learn more about sleep disorders here: [www.cdc.gov/sleepdisorders](http://www.cdc.gov/sleepdisorders)

Visit the “Sickle Cell Disease: Steps to Better Health” toolkit available here: [www.cdc.gov/SCD/betterhealth](http://www.cdc.gov/SCD/betterhealth)