

Nocturnal Asthma: A Guide for Teens and Adults With Asthma



What is nocturnal asthma?

Nocturnal asthma, or sleep-related asthma, occurs in many people with asthma. This condition can be caused by asthma triggers, such as a change in the room temperature, allergens, or acid reflux. Waking up with a nocturnal asthma attack disrupts your sleep, making you feel tired the next day.

How can I reduce nocturnal asthma attacks?

Take control of your triggers and start getting a good night's sleep. Asthma triggers can cause nocturnal asthma attacks. Asthma triggers are different for every person.

Your health care provider can help you identify what triggers your asthma. Common asthma triggers include dust, pet dander, mold, and smoke. To help reduce the number of nocturnal asthma attacks, get rid of the triggers that are around you when you sleep.

Creating a trigger-free bedroom

It is very important to try to reduce triggers in your bedroom. Clean your room completely, including inside closets and under furniture. Wash your sheets, blankets, and pillowcases regularly. Vacuum the carpet or wash the floors of your room as well. Keep pets off your bed or out of your room completely. Maintain a weekly cleaning schedule so that you can sleep in clean surroundings.

