

Audioscript

I first went to the Lung and Sleep Centre in Amman when my friend Kareem told me about it. I was suffering from a lack of sleep. I later found out that what I had was called sleep apnea. I involuntarily stopped breathing during my sleep, which woke me up all night. It also caused me to snore and many times face insomnia. (Insomnia) is the inability to fall asleep. I felt so uncomfortable that I used to have a hard time falling asleep at night.

The Centre helped me deal with these sleeping disorders. I went to the Lung and Sleep Centre at the beginning of the week, and by the weekend, I was ready to go back home and have a good sleep. They taught me to live healthily and exercise regularly to monitor my breathing. At the Centre, I also learnt that the position in which I sleep is important. It makes sure I am getting enough oxygen into my lungs to breathe well. Taking enough oxygen in while you sleep is important because it keeps you well rested and healthy. Since my visit to the Centre, I have been sleeping much better and feeling more energetic during the day.