



Stroke symptom recognition handout

Stroke is a medical emergency! If you develop any of these stroke warning signs, call 911:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

F.A.S.T. is an easy way to remember how to recognize a stroke and what to do. Spot a stroke FAST. **F**ace drooping. **A**rm weakness. **S**peech Difficulty. **T**ime to call 9-1-1.

If you have stroke symptoms notify your Sleep SMART study team after you seek emergency medical care. Please call [study coordinator] at [phone number.]