

Eight Lifestyle Changes You Should Make To Reduce Recurrence of Atrial Fibrillation

1. Eliminate or substantially reduce alcohol.
2. Lose weight if you are obese.
3. Stop smoking. Stopping is associated with a 36% lower risk of AF.
4. Get your blood pressure under good control.
5. Get regular aerobic exercise. At least 150 minutes of moderate cardio exercise weekly.
6. Eat A Healthy Diet. Don't Eat Crap (as [Younger Next Year](#) says). In general, because obesity is such a big factor atrial in AF, I am fine with whatever diet plan has you at a BMI <28. Healthy diets that control controlling weight are going to minimize ultra-processed foods, sugar-sweetened beverages, and avoid white rice, pasta, pastries and potatoes. These diets will include lots of fresh vegetables, nuts, olive oil and fish. Full fat yogurt and cheese are fine in moderation. Eat real food, mostly plants, not too much as [Michael Pollan](#) has famously said.
7. Get high-quality sleep. This means treating any sleep apnea properly in addition to standard advice for getting a good night's sleep. The risk of AF is four times higher in patients with obstructive sleep apnea (OSA) independent of other confounding variables
8. Reduce stress. Easier said than done I know. Everything from meditation to Yoga to retiring or cutting back at work to psychotherapy can be tried in this category. Go with whatever works for you.