Sauna Dizziness: Symptom & Session Log

Bring this record to a healthcare professional if symptoms recur. This form does not diagnose a cause or establish when sauna use is safe.

What to record	Your notes
Date / approximate time	
Type of heat and session duration	
Room temperature (if known) / recent exercise	
Last food and fluids (approximate)	
Alcohol / medications that may affect heat tolerance*	
What happened just before symptoms? (e.g., standing, cold plunge)	
Symptoms: dizziness, nausea, headache, palpitations, other	
Did you faint, have chest symptoms, breathing trouble, or confusion?	
How long did symptoms last? Did they return?	
What helped? Cooling, sitting, lying down, fluids, assistance	
Questions / notes for clinician	

Important: Stop sauna use if dizziness develops. Fainting, chest pain, confusion, severe breathing difficulty, or other severe symptoms require urgent medical assessment. If not fully alert, do not drink fluids. *Do not stop prescribed medicines without a clinician’s advice.