

# Postural tachycardia syndrome (PoTS)

Postural tachycardia syndrome (PoTS) is an abnormal increase in heart rate that occurs after sitting up or standing. It typically causes dizziness, fainting and other symptoms.



## Typical symptoms of PoTS include:

- ☐ Dizziness or light-headedness
- ☐ Fainting
- ☐ Heart palpitations
- ☐ Shaking and sweating
- ☐ Weakness and fatigue
- ☐ Headaches
- ☐ Poor sleep
- ☐ Chest pain
- ☐ Feeling sick
- ☐ Shortness of breath