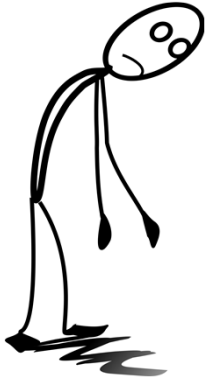


Tired? Ask your doctor!  
Or contact Advanced Sleep Medicine Services at [customerservice@sleepdr.com](mailto:customerservice@sleepdr.com)  
or [www.sleepdr.com](http://www.sleepdr.com) or (877) 775-3377

## Why Treat Sleep Apnea?



Untreated sleep apnea is a major cause of **daytime sleepiness** and lowers the quality of life

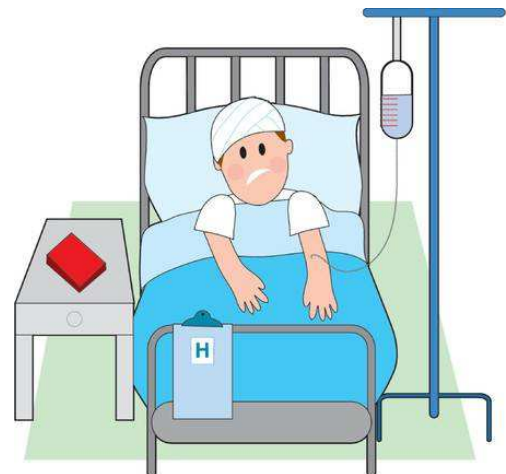
**Snoring** is no fun.  
100% of people who have sleep apnea snore, and 60% of people who snore have sleep apnea.



**Obesity** and sleep apnea can create a vicious cycle. Sleep apnea can contribute to obesity due to low energy, daytime sleepiness, and apathy. Obesity is a risk factor for sleep apnea.

**Serious health conditions are linked to sleep apnea, including:**

- Heart disease, heart failure and heart attack
- Hypertension (high blood pressure)
- Stroke
- Diabetes



**Diagnosis and Treatment Can Help**

## ***Daytime sleepiness:***

- Lowers the quality of life and affects relationships
- Hinders work performance
- Can create dangerous situations such as impaired driving

## ***Snoring:***

- Snoring is an issue for the bed partner and can cause discord, relationship issues and separate bedrooms
- Snoring can be embarrassing or make the snorer an object of ridicule
- Snoring can disturb sleep patterns and deprive the snorer of adequate rest

## ***Obesity:***

- Obstructive sleep apnea can contribute to obesity due to low energy, daytime sleepiness, and apathy.
- Obesity is a risk factor for obstructive sleep apnea.

## ***Serious health conditions are linked to sleep apnea:***

### **Heart disease, heart failure and heart attack**

- Sleep apnea is associated with increased incidence of heart disease and increased mortality
- CPAP usage may reduce the excess risk

### **Hypertension (high blood pressure)**

- 1/3 of patients with hypertension have sleep apnea, and 1/3 of sleep apnea patients have hypertension
- CPAP use may reduce hypertension by 4 to 5 cm of mercury

### **Stroke**

- Sleep apnea is an independent risk factor for stroke
- 50% to 70% of stroke patients have sleep apnea

### **Diabetes**

- 70% of people with type 2 diabetes have obstructive sleep apnea and about 1/3 of people with obstructive sleep apnea have diabetes
- People with more severe sleep apnea are more likely to have diabetes