

The Consequences of Untreated OBSTRUCTIVE SLEEP APNEA

OSA afflicts at least 25 million adults in the U.S.¹

STROKE

increasing risk by
60%⁵

LOSS OF ALERTNESS &
DAYTIME SLEEPINESS³

ASTHMA

4%²
prevalence

MOOD
DISTURBANCE

19%²
prevalence

38,000
CARDIOVASCULAR
DEATHS ANNUALLY⁵

LOUD
SNORING
50-80%⁶
prevalence

HYPERTENSION

39%²
prevalence

GASTROESOPHAGEAL
REFLUX DISEASE
(GERD)

18%²
prevalence

CORONARY ARTERY DISEASE

increasing risk by
30%⁵

DIABETES
TYPE II

15%²
prevalence

CONGESTIVE HEART FAILURE

increasing risk by
140%⁵

OBESITY

34%²
prevalence

HIGH CHOLESTEROL

10%²
prevalence

SEXUAL
DYSFUNCTION

40%⁴
prevalence

FREQUENT NIGHTTIME
URINATION⁷

More than 50% of the
sudden cardiac deaths
that occur in OSA
patients do so between
10 PM and 6 AM.⁸

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<https://aasm.org/rising-prevalence-of-sleep-apnea-in-u-s-threatens-public-health/>

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5. Jean-Louis, G., Zizi, F., Clark, L., Brown, C., McFarlane, S. (2008). Obstructive Sleep Apnea and Cardiovascular Disease: Role of the Metabolic Syndrome and Its Components. Journal of Clinical Sleep Medicine. Retrieved August, 17, 2018 from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2546461/>.

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8. Himanshu Wickramasinghe, MD, MBBS Attending Physician, Pulmonary, Critical Care, and Sleep Medicine, Henry Mayo Newhall Memorial Hospital. What is the association between myocardial ischemia and infarction and obstructive sleep apnea (OSA)? Mar. 22, 2019. <https://www.medscape.com/answers/295807-53551/what-is-the-association-between-myocardial-ischemia-and-infarction-and-obstructive-sleep-apnea-osa>