

KONSEKVENSERNA AV OBEHANDLAD OBSTRUCTIV SÖMN APNÉ

Minst 25 miljoner har OSA i USA¹

STROKE

Ökar risken med
60%⁵

FÖRLORAD ENERGI OCH
DAGLIG TRÖTTHET³

ASTMA
4%²

HUMÖRSVÄ-
NGAR
19%²

38,000
Hjärt- och kärl
dödsfall årligen⁵

HÖGA
SNARKNINGAR
50-80%⁶

HYPERTONI
39%²

GASTROESOFAGEAL
REFLUX SJUKDOM
(GERD)
18%²

KRONARARTÄR-
SJUKDOM
Ökar risken med
30%⁵

DIABETES
TYP II
15%²

HJÄRTSVIKT

Ökar risken med
140%⁵

FETMA
34%²

HÖGT
KOLESTEROL
10%²

SEXUELL
DYSFUNKTION
40%⁴

TÄTA TOABESÖK
UNDER NATTEN⁷

Mer än 50 % av de
plötsliga hjärtdödsfall
som inträffar hos OSA-
patienter gör det mellan
22.00 och 06.00.⁸

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

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3. Vijayan, V. (2013). Co-Morbidities Associated with Obstructive Sleep Apnea. Ann National Acad. Med. Sci. 49 (3&4): 113-121. <https://www.ncbi.nlm.nih.gov/pubmed/23134249>

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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/>.

6. Casey, L. (2010). Is it snoring or sleep apnea? Chicago Tribune. Retrieved August 17, 2018 from http://articles.chicagotribune.com/2010-09-22/health/sc-health-0922-apnea-20100922_1_sleep-apnea-cpap-anti-snoring.

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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>

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