

# DOES THIS SOUND LIKE SOMEONE YOU KNOW?

Ask Us How We Can Help!

## HISTORY OF STROKE?

- 3x more likely in males with moderate to severe OSA
- It's common to find OSA in patients that have had a stroke
- The chance of a stroke increases based on the severity of OSA

90%

## DO YOU SNORE?

- Most bed partners were reported sleeping in separate bedrooms due to a partner who snores
- Oxygen saturation can cause morning headaches

80%

## GASTROESOPHAGEAL REFLUX DISEASE (GERD)

60%

## ARE YOU DIABETIC?

- Over 50% of people with Type 2 Diabetes has OSA
- Poorly Controlled Blood Sugars

40%

## LOSS OF LIBIDO?

- Lack of Nitric oxide (can be caused by OSA) in the body narrows arteries and decreases blood flow to all areas of the body
- Nitric oxide is also released to activate the egg to complete meiosis II
- Loss of Libido

\*of middle-aged men

40%\*

## HOW MUCH HAVE YOU SPENT ON MEDICAL COSTS SO FAR?

- It can cost people an extra 4 billion in medical costs per year if they leave their Obstructive Sleep Apnea untreated

(\$200,000 is the average amount a patient can save in annual health care costs after they treat their OSA)

## TROUBLE SLEEPING? TIRED DURING THE DAY?\*

- **MOOD DISTURBANCE** - Untreated OSA can cause anxiety, depression, lack of motivation, attention span is shortened, moodiness/temper, and poor judgement

58%

- **DAYTIME SLEEPINESS** - A study showed the risk of motor vehicle accidents among drivers who reported having sleep apnea was 54%, impaired concentration/memory loss, reduced alertness/work efficiency and slow reaction time

\*not every patient is aware of their poor sleep quality

87%

## HEART PROBLEMS?

- **HYPERTENSION** - 37%: Sleep Apnea has been known to cause high blood pressure
- **CORONARY ARTERY DISEASE** - 30%
- **CARDIAC ARRHYTHMIAS** - 58%: People with OSA are 4x more likely to have atrial fibrillation
- **CONGESTIVE HEART FAILURE** - 76%: People who have moderate to severe OSA increase their mortality rates
- **HEART DISEASE** - 38%
- **SUDDEN DEATH** - 30%: People with OSA increase their chance of heart attack or death by 30%

(10pm to 6am is the most common timeframe of more than 50% of deaths from OSA)

## GAINING AND CAN'T LOSE THE WEIGHT?

- Recent studies show that 90% of obese men & 50% of obese women have Obstructive Sleep Apnea
- Ghrelin (hormone that stimulates hunger) & Leptin (hormone that stores fat), thought to be associated with untreated OSA, increases appetite and calorie intake, increase the likelihood of obesity
- It's estimated that over 75% of OSA patients weigh 130%+ of their ideal body weight

77%

## FREQUENT TRIPS TO THE BATHROOM AT NIGHT?

- OSA can affect the secretion of urinary hormones and cause frequent urination at night

48%



SLEEP  
GROUP  
SOLUTIONS

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