

Fast Facts

Questions and Answers About Obstructive Sleep Apnea

What is Obstructive Sleep Apnea (OSA)?

- ◆ Obstructive Sleep Apnea is when a person stops breathing repeatedly during sleep
- ◆ Breathing stops because the airway collapses and prevents air from getting into the lungs
- ◆ Sleep patterns are disrupted, resulting in excessive sleepiness or fatigue during the day

What causes the airway to collapse during sleep?

- ◆ Extra tissue in the back of the airway such as large tonsils
- ◆ Decrease in the tone of the muscles holding the airway open
- ◆ The tongue falling back and closing off the airway

How many people have Obstructive Sleep Apnea?

- ◆ 4 in 100 middle-aged men and 2 in 100 middle-aged women have Obstructive Sleep Apnea
- ◆ Most OSA sufferers remain undiagnosed and untreated
- ◆ Obstructive Sleep Apnea is as common as adult asthma

What happens if Obstructive Sleep Apnea is not treated?

Possible increased risk for:

- ◆ High blood pressure
- ◆ Heart disease and heart attack
- ◆ Stroke
- ◆ Fatigue-related motor vehicle and work accidents
- ◆ Decreased quality of life

WHAT ARE THE SIGNS AND SYMPTOMS OF OBSTRUCTIVE SLEEP APNEA?
If you or someone you know snores regularly and has one or more of the following symptoms, it may be Obstructive Sleep Apnea. Check the following that apply:

- | | | |
|---|---|---|
| <input type="checkbox"/> Snoring, interrupted by pauses in breathing | <input type="checkbox"/> Poor judgment or concentration | <input type="checkbox"/> Large neck size (>17" in men; >16" in women) |
| <input type="checkbox"/> Gasping or choking during sleep | <input type="checkbox"/> Irritability | <input type="checkbox"/> Crowded airway |
| <input type="checkbox"/> Restless sleep | <input type="checkbox"/> Memory loss | <input type="checkbox"/> Morning headache |
| <input type="checkbox"/> Excessive sleepiness or fatigue during the day | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Sexual dysfunction |
| | <input type="checkbox"/> Depression | <input type="checkbox"/> Frequent urination at night |
| | <input type="checkbox"/> Obesity | |

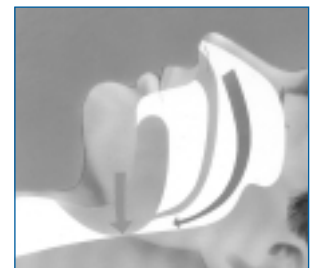
Normal Breathing

- Airway is open
- Air flows freely to lungs



Obstructive Sleep Apnea

- Airway collapses
- Blocked air flow



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What should you do if you suspect you may have Obstructive Sleep Apnea?

- ◆ See your doctor; evaluation by a doctor specializing in sleep disorders is recommended.
- ◆ Have a sleep study done; a sleep study can provide the doctor with information about how you sleep and breathe. This information will help the doctor to determine your diagnosis and treatment options.

What is the treatment for Obstructive Sleep Apnea?

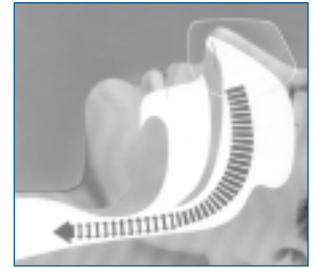
The most common treatment is:

- ◆ **CPAP** (Continuous Positive Airway Pressure), pronounced “see-PAP.” Other less common treatments include surgery and oral appliances, which may be effective in certain individuals.
- ◆ Any treatments should include weight loss if needed, exercise, and avoidance of alcohol, sedatives, and hypnotics.



Obstructive Sleep Apnea

- Airway collapses
- Blocked air flow



CPAP Therapy

- Airway splinted open
- Air flows freely to lungs

How does CPAP therapy work?

CPAP treats Obstructive Sleep Apnea by providing a gentle flow of positive-pressure air through a mask to splint the airway open during sleep.

- ◆ Breathing becomes regular
- ◆ Snoring stops
- ◆ Restful sleep is restored
- ◆ Quality of life is improved
- ◆ Risk for high blood pressure, heart disease, heart attack, stroke, and motor vehicle and work accidents is reduced



CPAP therapy is safe and effective.

Obstructive Sleep Apnea is a serious, potentially life-altering and life-threatening condition that is:

- ◆ Easily identified
- ◆ Effectively treated

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