

RESPIRONICS®



**ARE YOU AWARE OF HOW SLEEP
MAY IMPACT YOUR DIABETES?**

Clinical studies have shown a link between Type 2 diabetes and obstructive sleep apnea (OSA). OSA is a common condition in which the upper airway repeatedly collapses during sleep, causing a decreased airflow that stresses the heart and raises blood pressure. If untreated, this condition may worsen glucose control and insulin resistance, and lead to blood sugar imbalance.

ARE YOU AT RISK FOR OSA?

- Do you snore?
- Do you ever stop breathing during sleep?
- Do you feel sleepy during the day?
- Do you have a history of high blood pressure?

If you answered yes to two or more of these questions, talk to your doctor. Your doctor can assess your need to have further evaluation of your breathing while you sleep. A sleep study will diagnose whether you have OSA and indicate the best treatment.

WHAT ARE THE BENEFITS OF TREATING OSA?

Clinical studies have shown that treatment of OSA may:

- prevent or delay the progression of diabetes
- reduce diabetic complications
- improve daytime energy and glucose control
- reduce the potential risk for heart attack, stroke and heart disease

WHAT IS A SLEEP STUDY?

In order to be properly diagnosed, patients spend a night in a private room at a local sleep center, where sleep patterns, breathing and heart activity are monitored and recorded. The overnight recording is safe and painless.



**TALK TO YOUR DOCTOR IF YOU THINK
YOU MAY HAVE OSA.**

Respironics is a leading developer, manufacturer and distributor in the sleep-disordered breathing industry. It is recognized worldwide for its continuous stream of medical innovations and advancements in the management of sleep disorders. Having introduced the first commercially available CPAP device for the treatment of sleep apnea more than 20 years ago, the Company is continually pursuing new innovations that will improve the quality of patients' lives.

For more information about
Obstructive Sleep Apnea visit:

www.sleepapneainfo.com
www.respironics.com



Customer Service: 1-800-345-6443 or 724-387-4000
Respironics Europe, Africa, Middle East: +33-1-47-52-30-00
Respironics Asia Pacific: +852-3194-2280
www.respironics.com

Respironics is a registered trademark of Respironics, Inc. and its affiliates.
©2007 Respironics, Inc. and its affiliates. All rights reserved.

Hoeh KW 7/11/07 MCI 4101250 PN 1047518