

RESPIRONICS®



**ARE YOU AWARE THAT DROWSY  
DRIVING MAY BE RELATED TO A  
SLEEP DISORDER?**

Clinical studies have shown a link between traffic accidents and obstructive sleep apnea (OSA). OSA is a common condition in which the upper airway repeatedly collapses during sleep, causing a decreased airflow along with disruptions in the sleep cycle. If untreated, this condition may cause excessive daytime sleepiness, reduced oxygen levels at night, and increased risk of uncontrolled blood pressure, uncontrolled glucose levels, heart attack and stroke.

## **ARE YOU AT RISK FOR OSA?**

- Do you snore louder than you speak?
- Do you ever stop breathing during sleep?
- Do you often feel drowsy while watching TV, sitting in a meeting, waiting at a stop sign or driving your car?
- 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:

- reduce daytime sleepiness
- improve daytime energy and stamina
- decrease your risk of traffic-related accidents
- reduce the potential risk for development of 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](http://www.sleepapneainfo.com)  
[www.respironics.com](http://www.respironics.com)



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