

# FAST FACTS ABOUT OBSTRUCTIVE SLEEP APNEA

## WHAT IS OBSTRUCTIVE SLEEP APNEA (OSA)?

- Obstructive Sleep Apnea is a condition in which 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?

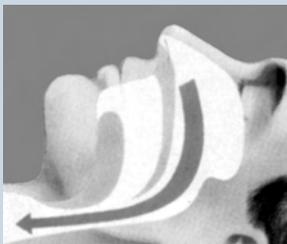
- Extra tissue in the back of the airway such as large tonsils.
- Decrease in the tone of the muscles holding the airway open.
- The tongue falling back and closing off the airway.

## 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 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.



**NORMAL BREATHING**

- Airway is open
- Air flows freely to lungs



**OBSTRUCTIVE SLEEP APNEA**

- Airway collapses
- Blocked air flow

## 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:

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

# FAST FACTS

## ABOUT OBSTRUCTIVE SLEEP APNEA

### 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 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.

### 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

### OBSTRUCTIVE SLEEP APNEA IS A SERIOUS, POTENTIALLY LIFE-ALTERING HEALTH ISSUE THAT MAY LEAD TO LIFE-THREATENING CONDITIONS, BUT IT IS:

- Easily identified
- Effectively treated

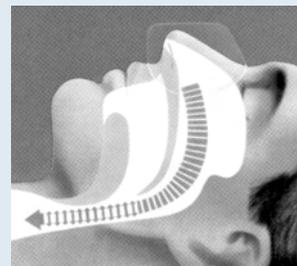
#### OBSTRUCTIVE SLEEP APNEA

- Airway collapses
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#### CPAP THERAPY

- Airway splinted open
- Air flows freely to lungs



CPAP therapy is safe and effective.

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