

The Consequences of Untreated OBSTRUCTIVE SLEEP APNEA

OSA afflicts at least 25 million adults in the U.S.¹

STROKE

increasing risk by
60%⁵

LOSS OF ALERTNESS &
DAYTIME SLEEPINESS³

ASTHMA

4%²
prevalence

MOOD
DISTURBANCE

19%²
prevalence

38,000
CARDIOVASCULAR
DEATHS ANNUALLY⁵

LOUD
SNORING
50-80%⁶
prevalence

HYPERTENSION

39%²
prevalence

GASTROESOPHAGEAL
REFLUX DISEASE
(GERD)

18%²
prevalence

CORONARY
ARTERY DISEASE

increasing risk by
30%⁵

DIABETES
TYPE II

15%²
prevalence

CONGESTIVE
HEART FAILURE

increasing risk by
140%⁵

OBESITY

34%²
prevalence

HIGH
CHOLESTEROL

10%²
prevalence

SEXUAL
DYSFUNCTION

40%⁴
prevalence

FREQUENT NIGHTTIME
URINATION⁷

More than 50% of the
sudden cardiac deaths
that occur in OSA
patients do so between
10 PM and 6 AM.⁸

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<https://aasm.org/rising-prevalence-of-sleep-apnea-in-u-s-threatens-public-health/>

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