QUALITY OF LIFE

Sleep Apnea

The medical technology industry is continually advancing and developing new innovations that improve the health and well-being of patients worldwide.

Sleep apnea is a high-cost chronic condition that affects 1 in 4 American adults. Roughly 85% of cases are undiagnosed.

Sleep apnea causes your body to stop breathing while you sleep, because of:

- A blocked upper airway, known as obstructive sleep apnea (OSA); or
- The brain stops sending signals to breathe, known as central sleep apnea (CSA).

Untreated sleep apnea is a potentially fatal condition with harmful short- and long-term effects:

- A 15-fold increase in traffic accident risk, costing Americans a total estimated $15.9 billion/year;
- Increased work disability claims, absenteeism and presenteeism (showing up to work tired); and
- Increased risk of life-threatening diseases like high blood pressure, heart disease and type 2 diabetes.

The Good News:

Sleep Apnea Is Treatable

Continuous positive airway pressure (CPAP) is a bedside machine that gently delivers pressurized air through a mask to keep your upper airway open and help prevent apneas. That leads to:

- Uninterrupted, restorative sleep;
- Improved daytime energy, alertness, and mood; and
- Up to thousands of dollars in health care savings. In one analysis, people saved an average $6,000 in both the first and second years on CPAP.
2. Young T et al. *Sleep* 1997
8. Aronsohn RS et al. *Am J Respir Crit Care Med* 2010